

Trail mix organic 500g

Designation: nuts and raisins mixture

Description: Classic and fine, our trail mix. Fruity sweet grapes and sultanas meet crunchy nut kernels: cashews, Brazil nuts, almonds and noble pecan kernels in one mixture. Pure, it is an ideal snack for school, university, office, sports and on the go. It's also a treat in fruit salad or as a topping for muesli or porridge. Do you like it even fruitier? Then try our trail mix with sweet and sour cranberries.

Preparation: Trail mix can be eaten on its own as a snack, making it the ideal choice for long days at university, in the office or when travelling. It is also ideal as a topping for muesli, yoghurt or (fruit) salad and as an ingredient for biscuits, energy balls and muesli bars.

Ingredients: grapes* 35% (grapes* 99, 5%, sunflower oil*), **almonds brown* 17%, brazil nut kernels* 16%** cashew kernels* 16%, sultanas* 12% (sultanas* 99, 5%, sunflower oil*), **pecan nut kernels* 4%**

* from controlled organic cultivation

Raw food: No

Fairtrade: No

Gluten-free: No

Vegan: Yes

Superfood: No

Naturally gluten-free: No

Plastic-free: No

Organic: Yes

Recipe change: Yes

Value Pack: No

ECO Control Point: DE-ÖKO-003

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	2013 kj
Calorific value kj	2018 kj
Calorific value kcal	481 kcal
Calorific value kcal	482 kcal
Fat	28.6 g
Fat	29 g
Of which saturated fatty acids	5.1 g
Of which saturated fatty acids	4.7 g
Carbohydrates	43.1 g
Carbohydrates	41.7 g
Of which sugar	31.4 g
Fibers	5.3 g
Fibers	6.2 g
Protein	10.2 g
Protein	10.5 g
Salt	0.021 g
Salt	0.018 g

Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein
Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein

Example Company

Crustaceans	Nein
Fish	Nein
Soy	Nein
Nuts	Ja
Nuts	Nein
Nuts	Ja
Nuts	Nein
Nuts	Ja
Nuts	Nein
Nuts	Ja
Nuts	Nein
Nuts	Ja
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Ja
Cashews	Nein
Cashews	Ja
Cashews	Nein
Cashews	Ja
Cashews	Nein
Cashews	Ja
Cashews	Nein
Cashews	Ja
Cashews	Nein
Cashews	Ja
Spelt	Nein
Barley	Nein
Oat	Nein

Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Ja
Almonds	Nein
Almonds	Ja
Almonds	Nein
Almonds	Ja
Almonds	Nein
Almonds	Ja
Almonds	Nein
Almonds	Ja
Brazil Nuts	Ja
Brazil Nuts	Nein
Brazil Nuts	Ja
Brazil Nuts	Nein
Brazil Nuts	Ja
Brazil Nuts	Nein
Brazil Nuts	Ja
Brazil Nuts	Nein
Brazil Nuts	Ja
Brazil Nuts	Nein
Brazil Nuts	Ja
Pecans	Ja
Pecans	Nein
Pecans	Ja
Pecans	Nein
Pecans	Ja
Pecans	Nein

Pecans	Ja
Pecans	Nein
Pecans	Ja
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein