

# Trail mix organic 1kg

**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:** Yes

**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   |
| 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   |
| 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   |
| 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   |
| Pistachios  | Nein |
| Rye         | Nein |
| Hazelnuts   | Nein |
| Sesame      | Nein |
| Walnuts     | Nein |
| Wheat       | Nein |