

# Organic student mix with pecan nuts, compostable bag 6x250g

Classic and fine, our student mix. Fruitily sweet [wine berries](#) and [sultanas](#) meet crunchy nuts: [cashew](#), [Paranuts](#), [almonds](#) and [noble pecan nuts](#) in a mix. Pure, it's an ideal snack for school, uni, office, sport, and on the go. Also delicious in fruit salad or as a topping for muesli or porridge. If you prefer it even fruitier, try our [student mix with sweet-sour cranberries](#).

[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 |
| 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   |
| 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   |
| Horst Bode Import-Export GmbH<br>Brazil Nuts<br>US-EIN: DE154233667 | 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   |
| Pecans      | Nein |
| Pecans      | Ja   |
| Pistachios  | Nein |
| Rye         | Nein |
| Hazelnuts   | Nein |
| Sesame      | Nein |
| Walnuts     | Nein |
| Wheat       | Nein |