

Barberry organic 6x150g

Designation: barberry

Description: The small red berries are common in the Middle East, where they are used in both savoury and sweet dishes. Here in Germany, however, barberry is mainly known as an ornamental plant. However, this is changing as more and more people are recognising the culinary benefits of this fibre-rich superfood berry.

Preparation: The red, fruity and sour fruits taste great in muesli, fruit salad, on their own or in typical oriental rice, poultry, meat and fish dishes. A splash of colour and a taste sensation for your kitchen.

Ingridients: barberries*

* from controlled organic cultivation

Raw food: Yes
Fairtrade: No
Gluten-free: No
Vegan: Yes
Superfood: No
Naturally gluten-free: No
Plastic-free: No
Organic: Yes
Value Pack: No

ECO Control Point: DE-ÖKO-003

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1126 kj
Calorific value kcal	269 kcal
Fat	0.7 g
Carbohydrates	53.9 g
Fibers	14.6 g
Protein	4.5 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	Nein
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Nein
Barley	Nein
Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein