

Feigen bio 1kg

Thin-skinned and soft, sweet figs from Turkey have been among our organic classics for many years. These sun-drenched mountain figs grow primarily in the Aydin-Germencik area. "Protoben" means that the flattened, dried figs are sorted into the boxes in a scale-like manner, separated in layers by paper. The fiber-rich fruit is popular as a snack and is also suitable for cooking and baking.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1014 kj
Calorific value kcal	242 kcal
Fat	2 g
Of which saturated fatty acids	0.1 g
Carbohydrates	46.4 g
Of which sugar	37 g
Fibers	14.4 g
Protein	2.5 g
Salt	0.025 g

Allergene

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

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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