

Pitted Deglet Nour dates organic

Pitted and dried organic Deglet Nour dates. The 'fingers of light', as these sweet fruits are known in translation, are medium to light brown and 3 to 5 cm long. They have a soft to medium-firm bite, a pleasantly sweet and fruity taste, and are a good source of fibre. This makes dates a natural, delicious snack and a popular ingredient in baking and cooking. They are the ideal ingredient wherever natural sweetness is desired: fruit bread, cakes, pastry fillings, muesli bars, energy balls and [finely chopped](#) as a sweet topping for muesli, porridge or salad. Deglet Nour dates also refine curries and tomato dishes with their delicate sweetness. Try them out. Our dates mainly come from Tunisia and Algeria. Discover more dates in our shop. You can find our organic Medjool dates [here](#). For easy sweetening, we offer [date sugar](#) in our shop: very finely ground, dried dates.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1249 kj
Calorific value kcal	299 kcal
Fat	0.5 g
Carbohydrates	67 g
Of which sugar	63.4 g
Fibers	8 g
Protein	2.5 g
Salt	0.01 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