

# Dates pitted Deglet Nour

**Designation:** dates pitted

**Description:** Pitted and dried organic dates of the Deglet Nour variety. The fingers of light, as the sweet fruits are called in translation, are medium to light brown in colour and between 3 and 5 cm long. They are soft to medium firm to the bite, taste pleasantly sweet and fruity and are a good source of fibre. This makes dates a natural, delicious snack and a favourite ingredient in baking and cooking. Wherever natural sweetness is required, they are the ideal ingredient: fruit bread, cakes, pastry fillings, muesli bars, energy balls and chopped up as a sweet topping on muesli, porridge or salad. Deglet Nour dates also refine curries and tomato dishes with their delicate sweetness. Try them for yourself. Our dates are mainly grown in Tunisia and Algeria.

**Preparation:** Pitted, dried Deglet Nour dates for creative cooking and baking ideas. Enhance cakes, pastry fillings, muesli bars, energy balls and much more with the natural sweetness and delicate flavour

**Ingridients:** dates pitted\*

\* from controlled organic cultivation

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

**ECO Control Point:** DE-ÖKO-003

[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