

# Pitted Deglet Nour dates organic 6x1kg

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 measure between 3 and 5 cm in length. They have a soft to medium-firm bite, with a pleasantly sweet and fruity flavour, making them an excellent source of fibre. This makes dates a natural, delicious treat 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 enhance curries and tomato dishes with their delicate sweetness. Try them for yourself. Our dates are mainly grown in Tunisia and Algeria. Conveniently, dried dates can also be finely ground for easy sweetening of many creations. You can find our organic Medjool dates [here](#). Discover our [Product Knowledge](#) section for interesting facts about our fine organic delicacies.

[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