# Almonds chopped organic 1kg

**Designation:** almonds chopped

**Description:** We only use European kernels for our fine chopped almonds! And why is that? They taste much nuttier and more aromatic than almond kernels from overseas. To maximise flavour, the almond kernels are first blanched after cracking. This removes the brown skin that surrounds the kernel. They are then chopped into white to ivory-coloured pieces about 2-4mm in size. Almonds are high in fibre and a source of protein. They are therefore ideal raw or lightly roasted for baking, cooking, desserts and confectionery. They can also be added to cereals, porridge and (fruit) salads for extra crunch and a protein boost.

**Preparation:** Delicious in cooking, baking, desserts and chocolates. Lightly roasted, they unfold their flavour and can be used as a topping for a variety of dishes.

### Ingridients: almonds blanched\*

\* from controlled organic cultivation

Raw food: No Fairtrade: No Gluten-free: No Vegan: Yes Superfood: No

Superfood: No Naturally gluten-free: No

Plastic-free: No Organic: Yes Value Pack: Yes

ECO Control Point: DE-ÖKO-003

#### Zum Produkt

#### Nährwerte

### Unzubereitet pro 100 g

Calorific value kj	2564 kj
Calorific value kcal	613 kcal
Fat	52.5 g
Of which saturated fatty acids	4 g
Carbohydrates	8.7 g
Of which sugar	4.6 g
Fibers	9.9 g
Protein	21.4 g
Salt	0.047 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	Ja
Nuts	Nein
Nuts	Ja
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	Ja
Almonds	Nein
Almonds	Ja
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein

Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein