

# ginger milled - ginger powder organic

Dried and ground ginger. The yellowish-white powder has a distinctive, deliciously aromatic flavour: fruity-spicy with a hint of lemon. Ground ginger is an excellent addition to both sweet and savoury dishes. It adds a refined touch to sweet treats like fruit salads, rice pudding, desserts, jams, and cakes, and is a key ingredient in many popular [Christmas spices](#). It also adds the perfect finishing touch to soups, sauces, marinades, fish, meat, seafood, mushrooms, vegetables, and chutneys.

[Zum Produkt](#)

## Nährwerte

### Unzubereitet pro 100 g

|                                |          |
|--------------------------------|----------|
| Calorific value kj             | 1389 kj  |
| Calorific value kcal           | 332 kcal |
| Fat                            | 4.2 g    |
| Of which saturated fatty acids | 2.6 g    |
| Carbohydrates                  | 57.5 g   |
| Of which sugar                 | 3.4 g    |
| Fibers                         | 14.1 g   |
| Protein                        | 9 g      |
| Salt                           | 0.068 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 |