

Ristede saltede økologiske cashewnødder

Fint ristede og saltede økologiske cashewnødder er en lækker, nøddeagtig-saltet og knækket snack. Deres næringsprofil viser, at de er mere end blot en snack: De er en protein kilde og har en høj indhold af kostfibre. Sådan er de fine kerner perfekt til at knække for sig selv eller som ingrediens i hertelige blandinger, til madlavning samt som ingrediens i salater og sovs.

[Produkt](#)

Nutritional values

Unprepared per 100 g

Calorific value kj	2275 kj
Calorific value kj	2740 kj
Calorific value kj	2740 kj
Calorific value kj	2740 kj
Calorific value kj	2740 kj
Calorific value kcal	544 kcal
Calorific value kcal	655 kcal
Calorific value kcal	655 kcal
Calorific value kcal	655 kcal
Calorific value kcal	655 kcal
Fat	36.7 g
Fat	48.6 g
Fat	48.6 g
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Of which saturated fatty acids	10 g
Of which saturated fatty acids	9.7 g
Of which saturated fatty acids	9.7 g

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Carbohydrates	33.3 g
Carbohydrates	29.8 g
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Carbohydrates	29.8 g
Of which sugar	6.7 g
Of which sugar	5.9 g
Of which sugar	5.9 g
Of which sugar	5.9 g
Of which sugar	5.9 g
Fibers	6.7 g
Fibers	7.5 g
Fibers	7.5 g
Fibers	7.5 g
Fibers	7.5 g
Protein	16.7 g
Protein	20.8 g
Protein	20.8 g
Protein	20.8 g
Protein	20.8 g
Salt	0.415 g
Salt	0.14 g
Salt	0.14 g

Allergens

Gluten-containing cereal	No
Chicken egg	No
Peanuts	No
Milk	No
Celery	No
Sesame seeds	No
Lupines	No
Crustaceans	No
Fish	No
Soy	No
Nuts	Yes
Mustard	No
Sulfur dioxide and sulphite	No
Molluscs	No
Cashews	Yes
Spelt	No
Barley	No
Oat	No
Hybrid Strains	No
Kamut	No
Macadamia	No
Almonds	No
Brazil Nuts	No

Pecans	No
Pistachios	No
Rye	No
Hazelnuts	No
Sesame	No
Walnuts	No
Wheat	No