

Økologiske pinjekerner, havekomposterbar pose 6x100g

Beige-gullige, lange og flade pinjekerner. De har en fast konsistens og er en kilde til ballaststoffer. Pinjekerner har en særligt fin aroma, der udvikles yderligere ved ristning. De er ideelle til den middelhavskøkkener, bagning, salater og som snacks.

[Produkt](#)

Nutritional values

Unprepared per 100 g

Calorific value kj	2993 kj
Calorific value kj	2493 kj
Calorific value kcal	715 kcal
Calorific value kcal	596 kcal
Fat	68.4 g
Fat	50.7 g
Of which saturated fatty acids	4.9 g
Of which saturated fatty acids	6.1 g
Carbohydrates	9.4 g
Carbohydrates	7.3 g
Of which sugar	3.6 g
Of which sugar	0.2 g
Fibers	3.7 g
Fibers	7.2 g
Protein	13.7 g
Protein	24 g
Salt	0.005 g
Salt	0.01 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	No
Mustard	No
Sulfur dioxide and sulphite	No
Molluscs	No
Cashews	No
Spelt	No
Barley	No
Oat	No
Hybrid Strains	No
Kamut	No
Macadamia	No
Almonds	No
Brazil Nuts	No
Pecans	No
Pistachios	No
Rye	No
Horst Bode Import-Export GmbH Hornstrumme 11 DE 154233667 Hazelnuts	No

Sesame	No
Walnuts	No
Wheat	No