

## Økologiske Paranødder 5kg

Paranødderne har en elfenbensfarvet kerne med brune huddede. De har en knækket konsistens og en mild, aromatisk smag. 500 g indeholder ca. 110-180 kerner. Paranødder er rige på kostfiber. De vokser vildt i Amazonas' regnskove og bliver samlet der, ikke høstet. De kommer fra Bolivia, Brasilien eller Peru.

[Produkt](#)

### Nutritional values

#### Unprepared per 100 g

|                                |          |
|--------------------------------|----------|
| Calorific value kj             | 2899 kj  |
| Calorific value kcal           | 693 kcal |
| Fat                            | 67.1 g   |
| Of which saturated fatty acids | 16.1 g   |
| Carbohydrates                  | 4.2 g    |
| Of which sugar                 | 2.3 g    |
| Fibers                         | 7.5 g    |
| Protein                        | 14.3 g   |
| Salt                           | 0.075 g  |

### Allergens

|                          |    |
|--------------------------|----|
| Gluten-containing cereal | No |
| Chicken egg              | No |
| Peanuts                  | No |
| Milk                     | No |
| Celery                   | No |
| Sesame seeds             | No |
| Lupines                  | No |
| Crustaceans              | No |

Horst Bode Import-Export GmbH

Momsnummer: DE154233667

|                                                                                                      |     |
|------------------------------------------------------------------------------------------------------|-----|
| Fish                                                                                                 | No  |
| Soy                                                                                                  | No  |
| Nuts                                                                                                 | Yes |
| Nuts                                                                                                 | No  |
| Nuts                                                                                                 | Yes |
| Nuts                                                                                                 | No  |
| Nuts                                                                                                 | Yes |
| Nuts                                                                                                 | No  |
| Nuts                                                                                                 | Yes |
| 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                                                                                          | Yes |
| Brazil Nuts                                                                                          | No  |
| Brazil Nuts                                                                                          | Yes |
| Brazil Nuts                                                                                          | No  |
| <b>Horst Bode Import-Export GmbH</b><br><b>Brazil Nuts</b><br><small>Momsnummer: DE154233667</small> | Yes |

|             |     |
|-------------|-----|
| Brazil Nuts | No  |
| Brazil Nuts | Yes |
| Pecans      | No  |
| Pistachios  | No  |
| Rye         | No  |
| Hazelnuts   | No  |
| Sesame      | No  |
| Walnuts     | No  |
| Wheat       | No  |