

## Økologiske pinjekerner 5kg

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 egnet til den middelhavske køkken, til bagning, til salater og som snack.

[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 |
| <b>Horst Bode Import-Export GmbH</b><br>Hornstrumme 11 DE 154233667<br>Hazelnuts | No |

|         |    |
|---------|----|
| Sesame  | No |
| Walnuts | No |
| Wheat   | No |