

# Knæk- og frugtblanding økologisk

**Betegnelse:** Nut and Fruit Mix

**Beskrivelse:** I denne diverse blanding er fine tørrede frugter kombineret med knækkende nødder. Frugttige [Vinbær](#), karamellagtigen af [Mulbær](#), knækkende [Bananchips](#) og sødme-syrlige [Cranberries](#) møder ædle nødder som [Cashew](#)-, [Paranødder](#) og [Pistacienkerner](#). Hver gang en anden smagskombination. Ny energi og nydelse hvor som helst du er: hjemme eller undervejs, alene eller med venner. Til ekstra chokoladekick går det [hertil](#).

**Ingredienser:** grapes\* 28% ( grapes\* 99, 5%, sunflower oil\*), **cashew kernels\* 28%**, mulberries\* 18%, **almonds brown\* 10%**, banana chips\* 7% ( bananas\* 72%, coconut oil\*, cane sugar\*), cranberries\* 5% ( cranberries\* 60%, cane sugar\*, sunflower oil\*), **pistachio kernels green\* 4**

**\* from controlled organic cultivation**

**Bemærk:** Af juridiske årsager udsteder vi kun ingredienslisten på engelsk. Venligst henvend dig til en engelsktalende betroet person eller brug en oversættelsesfunktion, hvis indholdet er uklart. Bode Naturkost påtager sig ikke ansvar for indholdsmangler eller andre fejl forårsaget af uafhængig oversættelse.

**Råkost:** Nej

**Fairtrade:** Nej

**Glutenfri:** Nej

**Veganer:** Ja

**Superfood:** Nej

**Naturligt glutenfri:** Nej

**Plastfri:** Nej

**Økologisk:** Ja

**Multi-pakke:** Vi handler denne vare i forskellige emballageenheder. Den aktuelle emballagestørrelse er 12.5kg. Den endelige emballageenhed fremgår af ordrebekræftelsen.

**Værdipakke:** Nej

**Øko-kontrolpunkt:** DE-ÖKO-003

[Produkt](#)

Nutritional values

Unprepared per 100 g

|                                |          |
|--------------------------------|----------|
| Calorific value kj             | 1979 kj  |
| Calorific value kj             | 1989 kj  |
| Calorific value kj             | 1896 kj  |
| Calorific value kcal           | 473 kcal |
| Calorific value kcal           | 476 kcal |
| Calorific value kcal           | 453 kcal |
| Fat                            | 25.5 g   |
| Fat                            | 26.3 g   |
| Fat                            | 21.6 g   |
| Of which saturated fatty acids | 6.2 g    |
| Of which saturated fatty acids | 5.8 g    |
| Of which saturated fatty acids | 4.6 g    |
| Carbohydrates                  | 49.1 g   |
| Carbohydrates                  | 47.2 g   |
| Carbohydrates                  | 52.4 g   |
| Of which sugar                 | 35.3 g   |
| Of which sugar                 | 34.8 g   |
| Of which sugar                 | 36.3 g   |
| Fibers                         | 5.3 g    |
| Fibers                         | 6.2 g    |
| Fibers                         | 5.2 g    |
| Protein                        | 9.1 g    |
| Protein                        | 9.4 g    |
| Protein                        | 9.7 g    |

|      |         |
|------|---------|
| Salt | 0.016 g |
| Salt | 0.014 g |
| Salt | 0.018 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 |
| Nuts                        | No  |
| Nuts                        | Yes |
| Nuts                        | 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                     | Yes |
| Cashews                     | No  |
| Cashews                     | Yes |

|                |     |
|----------------|-----|
| Cashews        | No  |
| Cashews        | Yes |
| Cashews        | No  |
| Cashews        | Yes |
| Cashews        | No  |
| Cashews        | Yes |
| Cashews        | No  |
| Cashews        | Yes |
| Spelt          | No  |
| Barley         | No  |
| Oat            | No  |
| Hybrid Strains | No  |
| Kamut          | No  |
| Macadamia      | No  |
| Almonds        | Yes |
| Almonds        | No  |
| Almonds        | Yes |
| Almonds        | No  |
| Almonds        | Yes |
| Almonds        | No  |
| Almonds        | Yes |
| Almonds        | No  |
| Almonds        | Yes |
| Almonds        | No  |
| Almonds        | Yes |
| Brazil Nuts    | Yes |
| Brazil Nuts    | No  |

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