

Økologiske Lerida Figen Nr. 4

Beskrivelse: Thin-skinned and soft, sweet figs from Turkey have been among our organic classics for many years. These sun-drenched mountain figs grow primarily in the Aydin-Germencik area. "Protoben" means that the flattened, dried figs are sorted into the boxes in a scale-like manner, separated in layers by paper. The fiber-rich fruit is popular as a snack and is also suitable for cooking and baking.

Forberedelse: Thin-skinned, soft, sweet, sun-dried figs from Turkey. Energizing classic for snacking, muesli, desserts and baking.

Ingridients: figs*

* 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: Ja
Fairtrade: Nej
Glutenfri: Nej
Veganer: Ja
Superfood: Nej
Naturligt glutenfri: Nej
Plastfri: Nej
Økologisk: Ja
Værdipakke: Ja

Øko-kontrolpunkt: DE-ÖKO-003

[Produkt](#)

Nutritional values

Unprepared per 100 g

Calorific value kj	1014 kj
Calorific value kcal	242 kcal
Fat	2 g
Of which saturated fatty acids	0.1 g
Carbohydrates	46.4 g
Of which sugar	37 g
Fibers	14.4 g
Protein	2.5 g
Salt	0.025 g

Allergens

Gluten-containing cereal	No
Chicken egg	No
Peanuts	No
Milk	No

Example Company

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
Hazelnuts	No
Sesame	No
Walnuts	No
Wheat	No