

# Raspberry whole freeze dried organic 100g

**Betegnelse:** raspberries freeze-dried

**Beskrivelse:** Experience the intense, fruity and tangy flavours of our organic whole freeze-dried raspberries, made from 100% ripe, hand-picked raspberries. Thanks to the gentle freeze-drying process their natural shape, vibrant colour and incomparable flavour is perfectly preserved. These crunchy, fibre-rich raspberries offer an exceptional flavour and visual treat for crunchy breakfast mixes, creative dessert creations or as a pure, natural snack between meals. These tasty little fruits add a welcome kick of colour and flavour to any breakfast or lunch box, in smoothies, bowls or as a topping. Enjoy the fruity intensity of this popular berry all year round - the taste of raspberries brings summer straight to your table. Delicate and sensitive to moisture, raspberries must be carefully packed and stored to maintain their quality and freshness.

**Forberedelse:** Enjoy the fruity, intense flavour of freeze-dried organic raspberries as a natural on-the-go snack, ingredient in crunchy cereals, smoothies, bowls, toppings, desserts and baking creations.

**Ingridients:** raspberries freeze-dried\*

\* 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  
**Værdipakke:** Ja

**Øko-kontrolpunkt:** DE-ÖKO-003

[Produkt](#)

## Nutritional values

Unprepared per 100 g

|                                |          |
|--------------------------------|----------|
| Calorific value kj             | 1344 kj  |
| Calorific value kcal           | 321 kcal |
| Fat                            | 5.3 g    |
| Of which saturated fatty acids | 0.2 g    |
| Carbohydrates                  | 46.5 g   |
| Of which sugar                 | 40.4 g   |
| Fibers                         | 30 g     |
| Protein                        | 6.9 g    |
| Salt                           | 0.02 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 |
| Hazelnuts                   | No |
| Sesame                      | No |
| Walnuts                     | No |

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Wheat

No