



# nuts

## 1. PISTACHIO NUTS

These are the fruits of pistachio tree which typically grows in Central Asia and the Middle East. Pistachios have a typical greenish colour. Compared to other nuts, they have a lower fat content and a higher content of protein, and therefore they are also less caloric. They are very rich in minerals such as phosphorus, potassium, calcium, iron, magnesium, manganese, zinc, copper, sodium and selenium. They also contain vitamins A, K, C, E.

Pistachios can also be eaten raw, but most often they are roasted and salted and sold unpeeled. The largest producer of pistachios is the United States of America, followed by Iran and Turkey.

### Allergens: Pistachio nuts

Nutritional values per	100 g
Energetic value	2563 kJ/619 kcal
Fats	52,0 g
of which saturated fatty acids	10,0 g
Carbohydrates	16,0 g
of which sugars	3,4 g
Fibre	4,2 g
Proteins	20,2 g
Salt	0,0 g

### Pistachios in shell

- Natural
- Lightly roasted
- Roasted & salted
- Roasted & salted with lime flavour

### Peeled Pistachios

- Peeled Pistachio kernels
- Blanched Pistachio kernels



## 2. ALMONDS

Almond tree comes from Asia and is one of the oldest cultivated and grown trees in the world. Almond stone seeds are used in kitchens almost all over the world. Almonds contain not only vegetable oils but also many proteins and vitamins (e.g. B1, B6 and E). They are also a source of many minerals, especially magnesium, which benefits hair, nails, teeth, skin and reduces muscle fatigue. Salted and smoked almonds are a popular side dish to wine drinking.

### Allergens: Almond kernels.

Nutritional values per	100 g
Energetic value	2665 kJ/645 kcal
Fats	56,0 g
of which saturated fatty acids	4,9 g
Carbohydrates	5,4 g
of which sugars	4,0 g
Fibre	11,2 g
Proteins	24,2 g
Salt	0,0 g

### Almonds in variants

- Natural
- Roasted & salted
- Smoked
- Chilli



## 3. CASHEWS

Western Cashew tree comes from north-eastern Brazil. Since the sixteenth century, however, it has been widely grown in India and has spread to a number of tropical regions. Cashew nuts have a high content of proteins, roughage, vegetable fats, carbohydrates, vitamins (especially vitamin C). Cashews contain a large amount of carotenes, so it has a positive effect on eyes, skin, mucous membranes and against cancer illnesses. They are mostly sold salted and with pleasure they are often eaten raw (but mostly partly roasted) or roasted and salted.



## nuts

Allergens: Cashew nuts

Nutritional values per	100 g
Energetic value	2486 kJ/599 kcal
Fats	47,0 g
of which saturated fatty acids	9,2 g
Carbohydrates	33,0 g
of which sugars	5,0 g
Fibre	4,3 g
Proteins	18,8 g
Salt	0,0 g

Cashews in variants

- Natural
- Roasted & salted
- Curry
- Smoked
- Chilli
- Chilli + lime



### 4. HAZELNUT KERNELS

Hazel tree originally comes from Asia, today the hazel tree is widespread all over the world. The world's largest producer of hazelnuts is Turkey. Hazelnuts have a relatively high fat content (50-60%), but contain a large amount of body beneficial substances. A single handful of nuts contain more vitamin and minerals than portions of normal food. We find mainly vitamins B1, B6 and E and smaller amounts of vitamin C. In hazelnuts we find potassium, calcium, phosphorus, magnesium, iron, copper, boron, manganese, zinc, chromium, selenium and others. Regular consumption of hazelnuts can even prevent the formation of kidney stones.

Allergens: Hazelnut kernels

Nutritional values per	100 g
Energetic value	2866 kJ/684 kcal
Fats	63,0 g
of which saturated fatty acids	5,3 g
Carbohydrates	16,0 g
of which sugars	4,0 g
Fibre	10,3 g
Proteins	15,0 g
Salt	0,0 g

Hazelnuts in variants

- Natural
- Peeled (blanched)



### 5. PEANUTS

Groundnut is a bean crop from South America. Its fruits are considered nuts due to their taste, appearance and content of substances. However, it is a legume. It takes four to six months between sowing and harvest, depending on the species. Peanuts also contain vitamins B (B1, B2 and B6) and a small proportion of vitamins A and C, but also a large amount of fats. They are very rich in potassium, but low in sodium (unless salted). They contain large amounts of phosphorus, calcium, magnesium and iron. They are a unique source of trace elements such as zinc, copper and manganese which they contain even more than fish or meat.

Allergens: Peanuts

Nutritional values per	100 g
Energetic value	2489 kJ/599 kcal
Fats	52,2 g
of which saturated fatty acids	8,7 g
Carbohydrates	15,3 g
of which sugars	4,2 g

Peanuts in variants

- Natural
- Roasted
- Roasted & salted





## nuts

Fibre	9,6 g
Proteins	28,0 g
Salt	0,0 g

### 6. WALNUTS

Walnut is the fruit of royal walnut consisting of an edible core surrounded by a solid woody shell. Walnuts have been growing on a walnut tree since approximately its fourth year. On the tree the fruit is wrapped in a protective layer in which it ripens. They are most delicious right after harvest when they have white cores. Walnuts contain omega 3 fatty acids, vitamins B1, B6, E, potassium, phosphorus, magnesium, manganese, minerals, roughage, zinc and iron.

Allergens: Walnuts

Nutritional values per	100 g
Energetic value	2820 kJ/673 kcal
Fats	60,0 g
of which saturated fatty acids	3,36 g
Carbohydrates	14,6 g
of which sugars	3,8 g
Fibre	2,7 g
Proteins	24,0 g
Salt	0,0 g

Walnuts in variants

· Natural



### 7. BRAZIL NUTS

The kernel of Brazil nuts is very nutritious. It contains 70% of fats, 15% of proteins and 7% of carbohydrates. In addition the kernel also contains vitamins A, B1, B2, B3, E and D, selenium, potassium, calcium, phosphorus, magnesium and iron. Brazil nuts are used for the direct consumption, in nutritional bars or candy. Brazil nuts are one of the richest sources of selenium. Country of origin: Bolivia

Allergens: Brazil nuts

Nutritional values per	100 g
Energetic value	2743 kJ/656kcal
Fats	66 g
of which saturated fatty acids	15,1 g
Carbohydrates	12,2 g
of which sugars	2,3 g
Fibre	7,5 g
Proteins	14,3 g
Salt	0,01 g

Brazil nuts in variants

· Natural



### 8. MACADAMIA NUTS

They belong to the most desired types of nuts. They are tasty, nutritionally valuable. They contain a lot of fat and health-promoting substances. Kernels contain up to 70% of oil which is suitable for consumption and cosmetics, 10% of carbohydrates and 10% of proteins, many minerals, (mainly magnesium), as well as niacin, thiamine and riboflavin.



## nuts

Use: Macadamia nuts, called the king of nuts, are suitable for the direct consumption, these are dry peeled kernels. Ingredients: Macadamia nuts – a product of controlled agriculture.

Country of origin: Bolivia

Allergens: Macadamia nuts

Nutritional values per	100 g
Energetic value	3014 kJ/754 kcal
Fats	76,0 g
of which saturated fatty acids	12,1 g
Carbohydrates	5,2 g
of which sugars	4,6 g
Fibre	8,6 g
Proteins	7,9 g
Salt	0,1 g

[Macadamia nuts in variants](#)

· Natural



### 9. PECANS

They belong to the most desired types of nuts. They are tasty, nutritionally valuable. Fat has the highest share in nuts that represents up to 70%. They contain pro-vitamin A, B-group vitamins. Regular but moderate consumption of nuts can protect against gallstones and even reduces harmful LDL cholesterol.

Nutrients: Pecans contain large amounts of pro-vitamin A, B-group vitamins, potassium, phosphorus, calcium and iron. Ingredients: Pecans - a product of controlled agriculture.

Country of origin: USA

Allergens: Pecans

Nutritional values per	100 g
Energetic value	3002 kJ/ 729 kcal
Fats	72,0 g
of which saturated fatty acids	5,6 g
Carbohydrates	4,4 g
of which sugars	2,2 g
Fibre	9,6 g
Proteins	1,0 g
Salt	0,01 g

[Pecans in variants](#)

· Natural



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