



**TIGERNUTS TRADERS, S.L**

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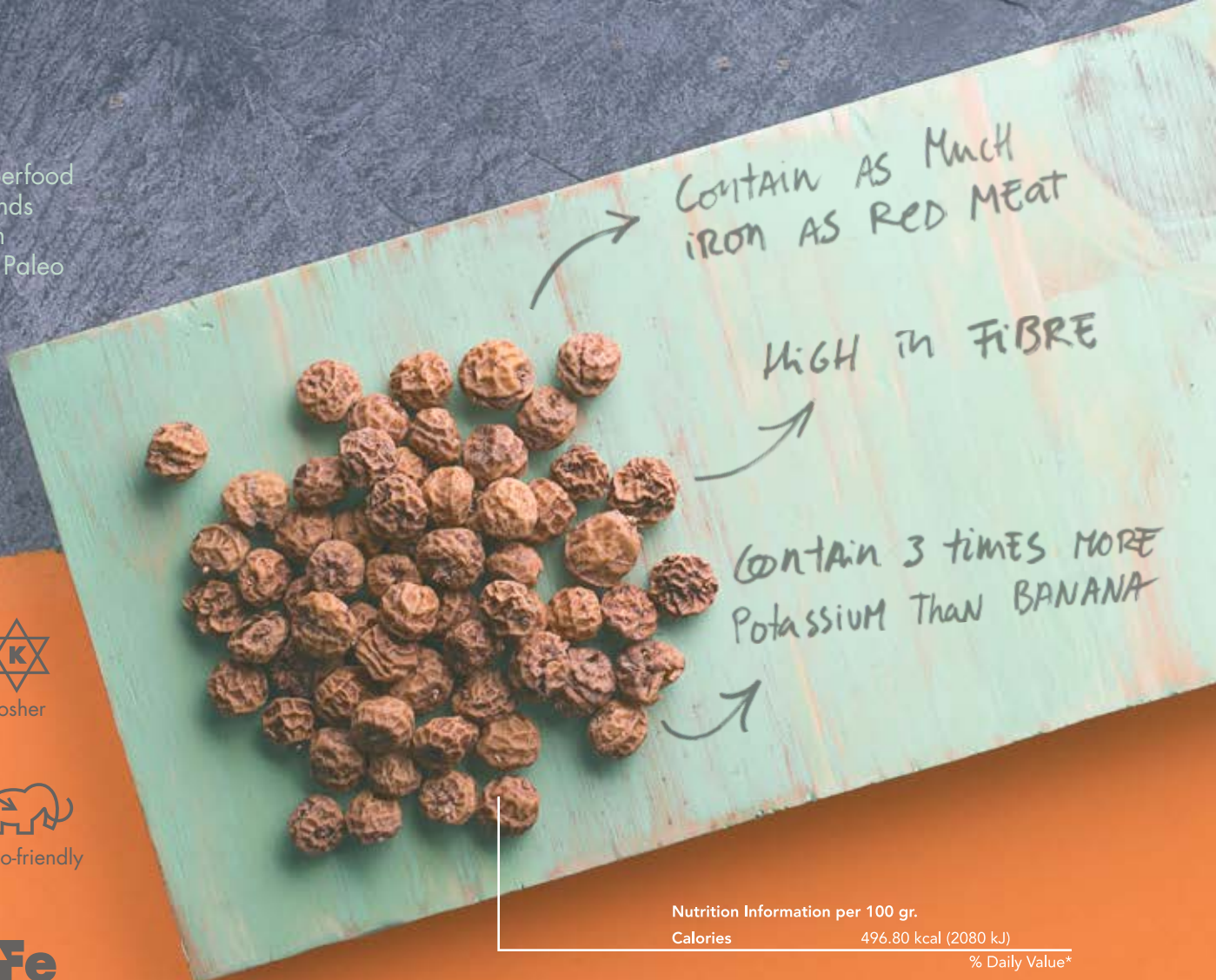


**TIGERNUTS**



**Tigernuts** can be regarded as the world's first superfood as they were what our ancestors used to eat thousands of years ago. Moreover, according to research from Oxford University they comprised up to 80% of our Paleo ancestors' diet around 2 million years ago.

Now Tigernuts have made great a comeback as one of the healthiest foodstuffs on the market.



raw



gluten free



nut free



vegan



kosher



organic



prebiotic



allergen free



high in fibre



paleo-friendly



high in  
Omega 6



high in  
Potassium



low in Salt



vitamin E



high in Iron

Tigernuts are not nuts, but actually tubers of the plant *Cyperus Esculentus* with great deal of *superfood qualities*.

They have the perfect nutritional balance and they are rich in nutrients required to keep the whole body healthy.

**Nutrition Information per 100 gr.**

Calories	496.80 kcal (2080 kJ)	
	% Daily Value*	
<b>Total Fat</b>	24.90 g	35.57 %
Saturated Fat	5.01 g	25.05 %
Polyunsaturated Fat	2.68 g	
Monounsaturated Fat	15.79 g	
<b>Cholesterol</b>	0.00 mg	0.00 %
<b>Sodium</b>	0.004 mg	0.16 %
<b>Total Carbohydrates</b>	63.60 g	23.55 %
Dietary Fiber	33.04 g	132.16 %
Sugars	21.83 g	24.25 %
<b>Protein</b>	4.58 g	9.16 %
* Based on a 2,000 Calories diet.		
Potassium	920 mg	46 %
Magnesium	110 mg	36.66 %
Iron	2.6 mg	18.57 %



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\* Based on a 2.000 Calories diet.

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Magnesium	110 mg	36.66 %
Iron	2.6 mg	18.57 %

## The classical one

Gives your breakfast and smoothies an extra energy and fibre boost

Nutrition Information per 100 gr.		
Calories	461 kcal (1920 kJ)	% Daily Value*
<b>Total Fat</b>	25.50 g	36.43 %
Saturated Fat	5.33 g	26.65 %
Polyunsaturated Fat	2.72 g	
Monounsaturated Fat	17.40 g	
<b>Cholesterol</b>	0.00 mg	0.00 %
<b>Sodium</b>	0.017 mg	0.70 %
<b>Total Carbohydrates</b>	63.20 g	21.06 %
Dietary Fiber	11.60 g	46.40 %
Sugars	15.20 g	16.88 %
<b>Protein</b>	4.35 g	8.70 %

\* Based on a 2.000 Calories diet.

Potassium	920 mg	46 %
Magnesium	110 mg	36.66 %
Iron	2.6 mg	18.57 %

## The extra fine

The finest Tigernuts powder for the most delicate food creations.

## The fine one

It works great in all bakery and pastry recipes

Nutrition Information per 100 gr.		
Calories	435.40 kcal (1809.30 kJ)	% Daily Value*
<b>Total Fat</b>	23.60 g	33.71 %
Saturated Fat	4.80 g	24 %
Polyunsaturated Fat	2.88 g	
Monounsaturated Fat	14.76 g	
<b>Cholesterol</b>	0.00 mg	0.00 %
<b>Sodium</b>	0.020 mg	0.83 %
<b>Total Carbohydrates</b>	62.50 g	23.14 %
Dietary Fiber	23.30 g	93.20 %
Sugars	15.50 g	17.06 %
<b>Protein</b>	4.90 g	9.8 %

\* Based on a 2.000 Calories diet.

Potassium	920 mg	46 %
Magnesium	110 mg	36.66 %
Iron	2.6 mg	18.57 %

With our dedicated equipment and unique milling process we milled Tigernuts into a delicious, naturally sweet tasting, gluten, nut and allergen free flour. The result is the healthiest alternative to wheat and nut flours.



raw



organic



gluten free



vegan



kosher



## Original Skinned Tigernuts

Are perfect to be eaten straight out of the bag as a delicious, healthy snack. You can also chop them up and mix into muesli or salads or use as a tasty topping for yoghurt.

Nutrition Information per 100 gr.

Calories	472 kcal 1970 kJ	
		% Daily Value*
<b>Total Fat</b>	30.70 g	43.86 %
Saturated Fat	6.10 g	30.50 %
Polyunsaturated Fat	3.15 g	
Monounsaturated Fat	18.80 g	
<b>Cholesterol</b>	0.00 mg	0.00 %
<b>Sodium</b>	0.018 mg	0.75 %
<b>Total Carbohydrates</b>	56.70 g	21.00 %
Dietary Fiber	13.90 g	55.60 %
Sugars	13.30 g	14.77 %
<b>Protein</b>	4.87 g	9.74 %
<i>* Based on a 2,000 Calories diet.</i>		
Potassium	920 mg	46 %
Magnesium	110 mg	36.66 %
Iron	2.6 mg	18.57 %

Get even more of the great sweet taste with our Peeled Tigernuts. Our patented processes eliminate the outer coating, leaving only the sweet tasting inner, with health giving vitamins and nutrients.



## Our new mechanically Peeled Tigernuts

Deliver the most intense, sweet Tigernut flavour ever. They are organic certified and of course Non-GMO. If this wasn't enough, they can even act as an appetite suppressant.

Nutrition Information per 100 gr.

Calories	456 kcal (1900 kJ)	
		% Daily Value*
<b>Total Fat</b>	26.80 g	38.29 %
Saturated Fat	5.07 g	25.35 %
Polyunsaturated Fat	2.59 g	
Monounsaturated Fat	16.70 g	
<b>Cholesterol</b>	0.00 mg	0.00 %
<b>Sodium</b>	0.019 mg	0.80 %
<b>Total Carbohydrates</b>	60.50 g	22.40 %
Dietary Fiber	10.80 g	43.20 %
Sugars	15.50 g	17.22 %
<b>Protein</b>	4.09 g	8.18 %
<i>* Based on a 2,000 Calories diet.</i>		
Potassium	920 mg	46 %
Magnesium	110 mg	36.66 %
Iron	2.6 mg	18.57 %



organic



gluten free



Non-GMO