



TIGERNUTS TRADERS, S.L

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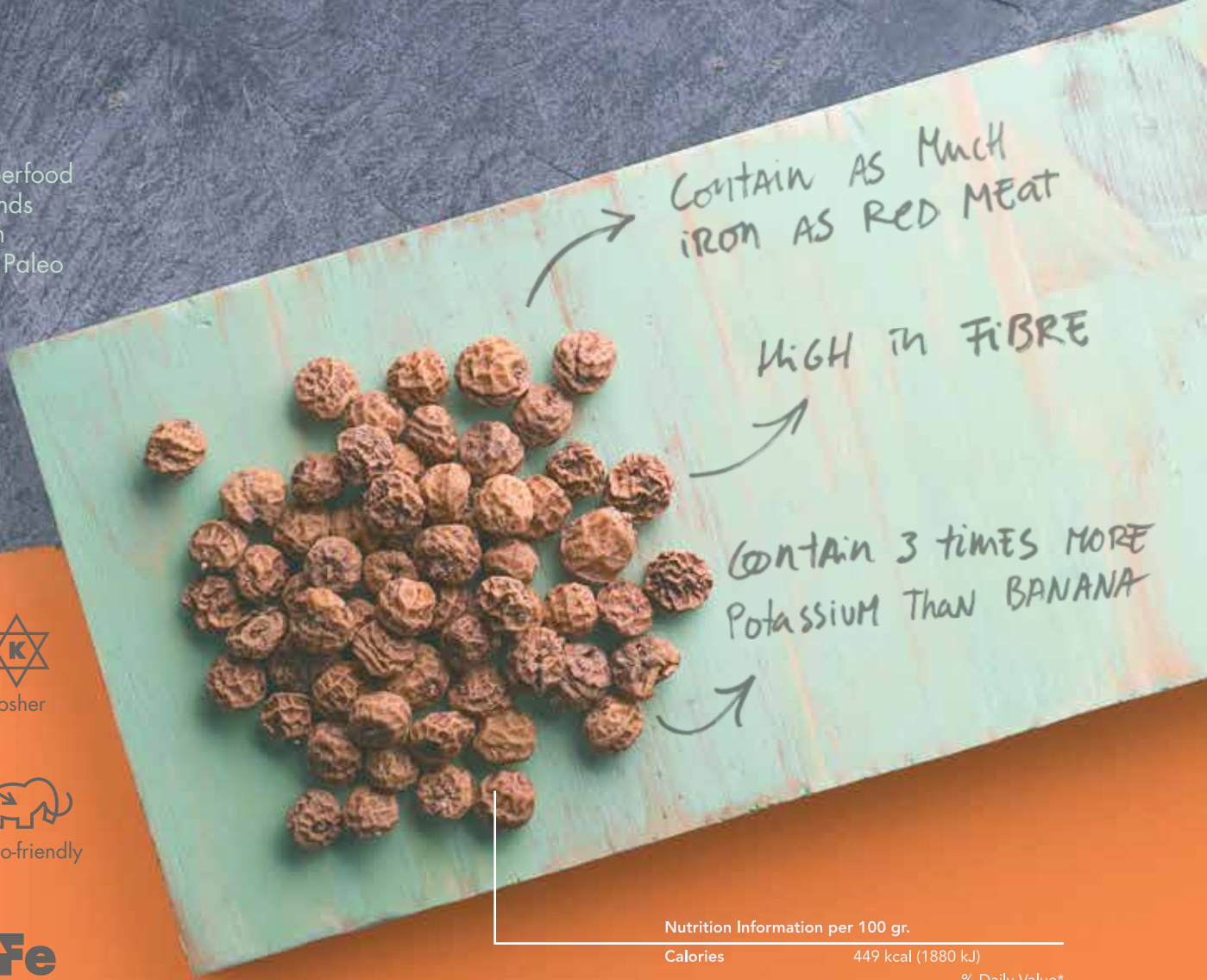


2018

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.

	449 kcal (1880 kJ)	% Daily Value*
Calories		
Total Fat	23.0 g	32.80 %
Saturated Fat	4.83 g	24.15 %
Monounsaturated Fat	15.2 g	
Polyunsaturated Fat	2.64 g	
Total Carbohydrates	63.60 g	24.46 %
of which sugars	17.4 g	19.33 %
Fiber	14.5 g	58.00 %
Protein	4.43 g	8.86 %
Sodium	0.02 g	0.30 %

* Based on a 2,000 Calories diet.

Nutrition Information per 100 gr.

Calories	468 kcal (1959 kJ)	% Daily Value*
Total Fat	26.3 g	35.57 %
Saturated Fat	5.65 g	28.25 %
Monounsaturated Fat	17.5 g	
Polyunsaturated Fat	3.11 g	
Total Carbohydrates	61.7 g	23.73 %
of which sugars	15.3 g	17.00 %
Fiber	15.5 g	62.00 %
Protein	3.99 g	7.98 %
Sodium	0.04 g	0.60 %

* Based on a 2 000 Calories diet

The classical one

Gives your breakfast and smoothies an extra energy and fibre boost

Nutrition Information per 100 gr.

Calories	468 kcal (1959 kJ)	% Daily Value*
Total Fat	25.2 g	36.00 %
Saturated Fat	5.50 g	27.50 %
Monounsaturated Fat	16.4 g	
Polyunsaturated Fat	2.87 g	
Total Carbohydrates	61.3 g	23.57 %
of which sugars	19.4 g	21.55 %
Fiber	13.0 g	52.00 %
Protein	4.50 g	9.00 %
Sodium	0.09 g	1.50 %

* Based on a 2 000 Calories diet

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*
Total Fat	23.0 g	32.85 %
Saturated Fat	5.04 g	25.20 %
Monounsaturated Fat	15.0 g	
Polyunsaturated Fat	2.74 g	
Total Carbohydrates	64.5 g	24.80 %
of which sugars	20.3 g	22.55 %
Fiber	16.3 g	65.20 %
Protein	4.69 g	9.38 %
Sodium	0.05 g	0.83 %

* Based on a 2.000 Calories diet.

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	459 kcal (1922 kJ)	
		% Daily Value*
Total Fat	26.3 g	37.57 %
Saturated Fat	5.72 g	28.60 %
Monounsaturated Fat	17.5 g	
Polyunsaturated Fat	2.97 g	
Total Carbohydrates	59.1 g	22.73 %
of which sugars	15.9 g	17.66 %
Fiber	12.3 g	49.20 %
Protein	4.40 g	8.80 %
Sodium	0.05 g	0.83 %

* Based on a 2 000 Calories diet

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	459 kcal (1922 kJ)	
		% Daily Value*
Total Fat	24.3 g	34.71 %
Saturated Fat	5.22 g	26.00 %
Monounsaturated Fat	16.2 g	
Polyunsaturated Fat	2.72 g	
Total Carbohydrates	61.7 g	23.73 %
of which sugars	16.2 g	18.00 %
Fiber	11.2 g	44.80 %
Protein	4.07 g	8.14 %
Sodium	0.06 g	1.00 %

* Based on a 2 000 Calories diet



organic



gluten free



Non-GMO



raw



organic



gluten free



vegan



Diced Tigernuts

Tiny pieces of 2 mm, perfect for topping in a novel way.

Valor nutricional por 100 g

Valor energético	459 kcal (1922 kJ)	% Daily Value*
Total Fat	24.3 g	34.71 %
Saturated Fat	5.22 g	26.00 %
Monounsaturated Fat	16.2 g	
Polyunsaturated Fat	2.72 g	
Total Carbohydrates	61.7 g	23.73 %
of which sugars	16.2 g	18.00 %
Fiber	11.2 g	44.80 %
Protein	4.07 g	8.14 %
Sodium	0.06 g	1.00 %

* Based on a 2.000 Calories diet.

Sliced Tigernuts

Fine and delicate Tigernuts slices of 1 mm with infinite application possibilities in the food industry.



Valor nutricional por 100 g

Valor energético	459 kcal (1922 kJ)	% Daily Value*
Total Fat	24.3 g	34.71 %
Saturated Fat	5.22 g	26.00 %
Monounsaturated Fat	16.2 g	
Polyunsaturated Fat	2.72 g	
Total Carbohydrates	61.7 g	23.73 %
of which sugars	16.2 g	18.00 %
Fiber	11.2 g	44.80 %
Protein	4.07 g	8.14 %
Sodium	0.06 g	1.00 %

* Based on a 2.000 Calories diet.

Tigernuts of the best quality sliced or diced by an innovative process, keeping the properties of the product, natural and 100% without additives. Simply irresistible.