



pitted cherries

Ingredients

Pitted cherries 65 %, apple concentrate 7 %, water 28 %

Characteristics

Dark red fruits, in a dark red fluid.

Qualities

Cherries contain a lot of vitamins B1, B2, B3 or niacin and vitamin C. Cherries are rich in anthocyanidin, an antioxidant which keeps the skin and the capillaries young and in top shape. Cherries maintain a healthy uric acid level in our body (deacidifying and diuretic effect) and, therefore, is also recommended for people suffering from gout and rheumatoid arthritis.

Applications

Pitted cherries can be used for many delicious dishes:

- as a filling for open and closed pieces and cakes
- to prepare a delicious clafoutis (see section recipes)
- to mix with dairy products such as yoghurt, cottage cheese and fresh cheese
- as a base for making jams and marmelades



Nutritional values per 100 ml

energy	94,8 kJ / 22,3 kcal
proteins	0,36 g
fat	0,09 g
carbohydrates	5,02 g
-of which glucose	2,55 g
-of which fructose	2,27 g
fibres	0,74 g
minerals	0,27 g

Recommended selling price from November 1st, 2018

pitted cherries 720 ml € 4,95