

Macadamia

(MACADAMIA INTEGRIFOLIA & TETRAPHYLLA)

Like all nuts, Macadamias are healthy. A handful of Macadamia nuts contain approximately 15 pieces. Macadamias are rich in fiber and thus help with your intestinal function and provide a feeling of saturation. Besides, Macadamias are rich in monounsaturated fatty acids and are therefore good for your Heart, and blood vessels.

Utility

Macadamias are widely used in candy bars, cakes, and cookies. Often in combination with white chocolate. Of course, you can also eat them as a snack or mixed with other nuts.



Macadamias were first discovered in Australia; that is why Australia is seen as the origin of the Macadamia.

Today, macadamias are grown and processed in various places around the world, with the two main origins being Australia and South Africa. Together they account for more than half of the world's production.

Style 0 means large nuts with a diameter of more than 20 mm. Unfortunately, this size is not always available because it remains a natural product. There are years where we have to settle for style 1 or even 2; luckily, the taste remains the same.

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