



## Important notice

The information has been compiled in accordance with the legal requirements of the European Directive 2003/89/EC for allergenic substances and traces, valid since 1 November 2004.

In addition, we included the indication **“vegan” and “raw”**. Vegan means that no animal products are contained as an ingredient. Production-related traces of animal products, however, cannot be excluded but are significantly below 0,1%. A minus sign in the “vegan” column means that the product is unsuitable for vegans. Raw means that products are produced under 40°C. A minus sign in the “raw” column is for products that have temperatures above 40°C during the production.

In the column **„contains the following ingredient“** the ingredients in the labelled products are marked with a capital letter. Products with a minus sign do not contain these ingredients. However, the products may contain production-related traces in smallest quantities.

The column **„may contain traces of“** gives you a good overview of products that may contain traces of substances.

Please note that if a product contains an allergen as ingredient, the allergen will not be declared as a trace and will be marked with a minus sign. Traces may occur due to different reasons. Pasta e.g. may contain gluten-containing, airborne dust from the grain storage silo where the cereal for the pasta production was stored. Major reasons for a contamination with allergens are storage and processing.

Please note that the **allergens from the EC regulation 1169/2001 on the provision of food information to consumers** can be found exclusively in the individual product descriptions in the Rapunzel web shop at <https://shop.rapunzel.de>. There you will also find descriptions of all special and seasonal Rapunzel articles. The following overview list is updated every four months. Since the allergens for our products may individually differ from time to time, we would like to ask you to also check the allergens in the individual products.

art.no.	article	size		contains the following ingredient														may contain traces of									
				vegan	raw	gluten	egg	peanut	soy	milk	edible nuts	celery	mustard	sesame	sulfites	lupins	gluten	egg	peanut	soy	milk	edible nuts	celery	mustard	sesame	sulfites	lupins
110000	Peanut butter fine 100% peanuts	8	KG	V	-	-	-	P	-	-	-	-	-	-	-	-	-	-	-	M	En	-	-	Se	-	L	
110100	Peanut butter fine 100% peanuts	250	G	V	-	-	-	P	-	-	-	-	-	-	-	-	-	-	-	M	En	-	-	Se	-	L	
110150	Peanut butter fine 100% peanuts	500	G	V	-	-	-	P	-	-	-	-	-	-	-	-	-	-	-	M	En	-	-	Se	-	L	
110300	Peanut butter crunchy salted	250	G	V	-	-	-	P	-	-	-	-	-	-	-	-	-	-	-	M	En	-	-	Se	-	L	
110400	Peanut butter crunchy salted	500	G	V	-	-	-	P	-	-	-	-	-	-	-	-	-	-	-	M	En	-	-	Se	-	L	
110690	Peanut butter creamy	250	G	V	-	-	-	P	-	-	-	-	-	-	-	-	-	-	-	M	En	-	-	Se	-	L	
110695	Peanut butter creamy	45	G	V	-	-	-	P	-	-	-	-	-	-	-	-	-	-	-	M	En	-	-	Se	-	L	
110730	Peanut butter crunchy	500	G	V	-	-	-	P	-	-	-	-	-	-	-	-	-	-	-	M	En	-	-	Se	-	L	
110735	Peanut butter crunchy	250	G	V	-	-	-	P	-	-	-	-	-	-	-	-	-	-	-	M	En	-	-	Se	-	L	
110800	Peanut butter choco caramel	250	G	-	-	-	-	P	-	M	-	-	-	-	-	-	-	-	-	-	En	-	-	Se	-	L	
110830	Peanut butter choco caramel	45	G	-	-	-	-	P	-	M	-	-	-	-	-	-	-	-	-	-	En	-	-	Se	-	L	
120000	Hazelnut butter	8	KG	V	-	-	-	-	-	-	En	-	-	-	-	-	-	-	-	-	P	-	M	En	-	L	
120105	Hazelnut butter	250	G	V	-	-	-	-	-	-	En	-	-	-	-	-	-	-	-	-	P	-	M	En	-	L	
120150	Hazelnut butter	500	G	V	-	-	-	-	-	-	En	-	-	-	-	-	-	-	-	-	P	-	M	En	-	L	
120300	Hazelnut cream	250	G	V	-	-	-	-	-	-	En	-	-	-	-	-	-	-	-	-	P	-	M	En	-	L	
130005	Almond butter	2,5	KG	V	-	-	-	-	-	-	En	-	-	-	-	-	-	-	-	-	P	-	M	En	-	L	
130100	Almond butter	250	G	V	-	-	-	-	-	-	En	-	-	-	-	-	-	-	-	-	P	-	M	En	-	L	
130150	Almond butter	500	G	V	-	-	-	-	-	-	En	-	-	-	-	-	-	-	-	-	P	-	M	En	-	L	
130210	Coconut & almond butter with date	250	G	V	-	-	-	-	-	-	En	-	-	-	-	-	-	-	-	-	P	-	M	En	-	L	
130235	Coconut & hazelnut butter with date	250	G	V	-	-	-	-	-	-	En	-	-	-	-	-	-	-	-	-	P	-	M	En	-	L	
130355	Almond nougat cream	250	G	-	-	-	-	-	-	M	En	-	-	-	-	-	-	-	-	-	P	-	-	En	-	L	
130370	Almond nougat cream	40	G	-	-	-	-	-	-	M	En	-	-	-	-	-	-	-	-	-	P	-	-	En	-	L	
130485	White almond butter, from Europe	500	G	V	-	-	-	-	-	-	En	-	-	-	-	-	-	-	-	-	P	-	M	En	-	L	
130495	White almond butter, from Europe	250	G	V	-	-	-	-	-	-	En	-	-	-	-	-	-	-	-	-	P	-	M	En	-	L	
130500	White almond butter	250	G	V	-	-	-	-	-	-	En	-	-	-	-	-	-	-	-	-	P	-	M	En	-	L	
130600	White almond butter	500	G	V	-	-	-	-	-	-	En	-	-	-	-	-	-	-	-	-	P	-	M	En	-	L	
130650	Almond cream	250	G	V	-	-	-	-	-	-	En	-	-	-	-	-	-	-	-	-	P	-	M	En	-	L	
130655	Almond cream	40	G	V	-	-	-	-	-	-	En	-	-	-	-	-	-	-	-	-	P	-	M	En	-	L	
130705	Almond Tonka cream	250	G	-	-	-	-	-	-	M	En	-	-	-	-	-	-	-	-	-	P	-	-	En	-	L	
130715	Almond Tonka cream	40	G	-	-	-	-	-	-	M	En	-	-	-	-	-	-	-	-	-	P	-	-	En	-	L	
130730	Roasted almond butter with coconut blossom sugar	250	G	V	-	-	-	-	-	-	En	-	-	-	-	-	-	-	-	-	P	-	M	En	-	L	
130755	Coconut almond cream	250	G	V	-	-	-	-	-	-	En	-	-	-	-	-	-	-	-	-	P	-	M	En	-	L	
130770	Coconut almond cream	40	G	V	-	-	-	-	-	-	En	-	-	-	-	-	-	-	-	-	P	-	M	En	-	L	
130800	Macadamia cream	40	G	-	-	-	-	-	-	M	En	-	-	-	-	-	-	-	-	-	P	-	-	En	-	L	
130805	Macadamia cream HIH	250	G	-	-	-	-	-	-	M	En	-	-	-	-	-	-	-	-	-	P	-	-	En	-	L	
140200	Cashew butter HIH	250	G	V	-	-	-	-	-	-	En	-	-	-	-	-	-	-	-	-	P	-	M	En	-	L	
140220	Cashew butter HIH	500	G	V	-	-	-	-	-	-	En	-	-	-	-	-	-	-	-	-	P	-	M	En	-	L	
140230	Cashew butter	8	KG	V	-	-	-	-	-	-	En	-	-	-	-	-	-	-	-	-	P	-	M	En	-	L	
140250	Cashew cream	250	G	V	-	-	-	-	-	-	En	-	-	-	-	-	-	-	-	-	P	-	M	En	-	L	
150100	Mixed nut butter 4 nuts	250	G	V	-	-	-	P	-	-	En	-	-	-	-	-	-	-	-	-	-	-	M	En	-	L	











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		size	vegan	raw	gluten	egg	peanut	soy	milk	edible nuts	celery	mustard	sesame	sulfites	lupins	gluten	egg	peanut	soy	milk	edible nuts	celery	mustard	sesame	sulfites	lupins
690520	Cress bioSnacky	40	G	V	R	-	-	-	-	-	-	-	-	-	G	-	-	-	-	-	-	Mu	-	-	-	
690540	Cress bioSnacky	200	G	V	R	-	-	-	-	-	-	-	-	-	G	-	-	-	-	-	-	Mu	-	-	-	
690580	Fenugreek bioSnacky	200	G	V	R	-	-	-	-	-	-	-	-	-	G	-	-	-	-	-	-	Mu	-	-	-	
690600	Arugula bioSnacky	40	G	V	R	-	-	-	-	-	-	-	-	-	G	-	-	-	-	-	-	Mu	-	-	-	
690645	Mild aromatic sprout mix bioSnacky	40	G	V	R	-	-	-	-	-	-	-	-	-	G	-	-	-	-	-	-	Mu	-	-	-	
690660	Vitality Mix bioSnacky	40	G	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
690680	Wheatgrass bioSnacky	200	G	V	R	G	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	Mu	-	-	-	
691000	Starter pack bioSnacky	160	G	V	R	G	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	Mu	-	-	-	
691010	Starter Set bioSnacky	1	ST	V	R	G	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	Mu	-	-	-	
<b>700080</b>	<b>Flageolet beans canned</b>	<b>200</b>	<b>G</b>	<b>V</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
700130	Soy beans	500	G	V	R	-	-	-	So	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
700180	Soy beans Edamamé canned	200	G	V	-	-	-	-	So	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
700406	Azuki beans	25	KG	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
700430	Azuki beans	500	G	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
700600	Red Kidney beans	25	KG	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
700630	Red Kidney beans	500	G	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
700730	Black beans	500	G	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
700785	Black beans	25	KG	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
700805	White beans	25	KG	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
700820	White jumbo beans	500	G	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
700830	White beans	500	G	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
700880	White jumbo beans	25	KG	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
700906	Mung beans	25	KG	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
700930	Mung beans	500	G	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
700985	Lupine flour, toasted	250	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	L	-	
701000	Lupin crushed	250	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	L	-	
702129	Gourmet mountain lentils brown, paper bag	11	KG	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
702130	Gourmet mountain lentils brown	500	G	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
702145	Pardina lentils	500	G	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
702160	Yellow lentils	25	KG	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
702165	Yellow lentils	500	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
702206	Green lentils French	25	KG	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
702230	Lentils green	500	G	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
702240	Green lentils canned	400	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
702300	Gourmet lentils brown	25	KG	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
702330	Troy lentils (green - brown)	500	G	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
702630	Red lentils	500	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
702680	Red lentils, peeled	25	KG	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
702681	Red lentils, paper bag	11	KG	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
702702	Beluga lentils black	25	KG	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
702730	Beluga lentils black	500	G	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
703105	Chickpeas 8-9mm	25	KG	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
703130	Chickpeas	500	G	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
703220	Chickpeas, paper bag	10	KG	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
703240	Chickpea flour, roasted	500	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
703380	Sweet corn canned	160	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
703395	Sweet corn canned	2,49	KG	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
703400	Sweet corn canned	340	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
703430	Green peas, halves, peeled	500	G	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
703440	Peas canned	340	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
703455	Chickpeas canned	400	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
703460	Baked Beans canned, white beans in tomato sauce	400	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
703465	Black beans canned	400	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
703475	Red Kidney beans canned	400	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
703485	White Cannellini beans canned	400	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
703490	Bean mix canned	400	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
703495	Borlotti beans canned	400	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
703550	Scarlet runner beans canned	400	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
703570	Taco Mix canned, bean mix, pepper and maize	400	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
704515	Soy chunks coarse	125	G	V	-	-	-	-	So	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
704565	Soy chunks fine	125	G	V	-	-	-	-	So	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
705105	Mung Dal, mung beans halves, peeled	500	G	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
705135	Chana Dal, chickpeas halves, peeled	500	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
800100	Original Rapunzel muesli	25	KG	V	-	G	-	-	-	-	En	-	-	-	Se	-	-	-	-	-	-	-	-	-	-	















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		size	vegan	raw	gluten	egg	peanut	soy	milk	edible nuts	celery	mustard	sesame	sulfites	lupins	gluten	egg	peanut	soy	milk	edible nuts	celery	mustard	sesame	sulfites	lupins	
1486445	Hero coffee Arabica, ground HIH	500	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1486485	Hero coffee Crema, whole beans HIH	1	KG	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1486525	Hero coffee Espresso, whole beans HIH	1	KG	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1486545	Hero coffee Espresso, whole beans HIH	250	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1486565	Hero coffee Espresso, ground HIH	250	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1486645	Hero coffee mild, ground HIH	250	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1486665	Hero coffee mild, ground HIH	500	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1486685	Hero coffee Viva, whole beans HIH	1	KG	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1486725	Hero coffee Viva, ground HIH	500	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1500645	Pear-apple spread	250	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1502220	Apricot jam	3	KG	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1502415	Raspberry jam with Cristallino	3	KG	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1906140	Coconut butter	215	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1906180	Creamed coconut	100	G	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1906190	Coconut milk	20	L	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1906200	Coconut milk	400	ML	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
1906210	Coconut milk	200	ML	V	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2001100	Prosecco Vino Frizzante DOC	0,75	L	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2001110	Prosecco Vino Frizzante DOC	375	ML	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2001130	HO`OPA - PIWI Bianco Frizzante IGT	0,75	L	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2002140	KONTI KI - PIWI Rosso IGT	0,75	L	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2002160	HUAKAI - PIWI Bianco IGT	0,75	L	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2002920	Montepulciano DOC	0,75	L	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2002930	Nero d`Avola DOC	0,75	L	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2004170	Fiore Divino IGT Veneto	0,75	L	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2004235	Chardonnay IGT Veneto	0,75	L	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2004335	Pinot Grigio DOC Venezia	0,75	L	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2004535	Merlot DOC Venezia	0,75	L	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2004545	Merlot DOC Venezia	375	ML	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2005035	Tempranillo Vno de la Tierra de Castilla	0,75	L	V	R	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-