



YOU HAVE TO BE  
REALLY  
SUSTAINABLE  
TO BE EUROPEAN  
ALMOND

You have to be an example of sustainability to be a EUROPEAN ALMOND. It uses less water in its production process, is environmentally friendly, and follows the standards of the most demanding production model in the world: the European model. And what's more, it's from here.

You have to support the products of our land!  
You have to choose the IBERIAN ALMOND!



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THE EUROPEAN UNION SUPPORTS  
CAMPAIGNS THAT PROMOTE HIGH QUALITY  
AGRICULTURAL PRODUCTS.

ENJOY  
IT'S FROM  
EUROPE



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# Context

## The almond

The seed of the *Prunus Amygdalus*, a tree of the Rosaceae family, is the most consumed nut in the world.

- **Flowering:** between January and February.
- **Harvesting:** from August to September.



The outer part is the **shell**: porous and brittle, beige in colour.



Inside, we find the almond itself: a **tear-shaped seed of 1-2 cm.**

## History

With its origins in the Fertile Crescent of the Middle East, almond cultivation is **almost as old as agriculture itself**. Recent archaeo-botanical and genetic studies have shown that humans had already domesticated this species **11,000 years ago**.

Thanks to this early development, it is mentioned in the Bible and appears in **numerous legends**. One of the best known is the **Philis** one, a **Thracian princess who married Demophon**, king of Athens and son of the hero Theseus. The Greek myth tells that his duty called him back to his homeland, but before leaving, he promised his wife to return. Philis waited for him for a long time, until the gods, taking pity on her, turned her into an almond tree. When Demophon finally remembered her and returned to her side, it was winter, so he found a tree bare of leaves. When he realised it was her, he wept, and his tears awoke Philis from her lethargy, from which white blossoms began to bloom.



The Hellenes were **who brought the almond to Rome**, where it was known as *nux graeca* (Greek nut). And the word we still use today comes from the Greek *amygdale*.

For Roman culture, this fruit was of enormous importance, as it **played a prominent role at weddings**: guests would throw them at the bride and groom. A tradition that is still alive and well in places like Italy, where confetti (a kind of sugared almonds) are still used in the same way.

Although it is likely that the first almond trees arrived in the Iberian Peninsula with the Phoenicians, it was the Romans who popularised this crop. Later, the Arabs of al-Andalus gave it a new impulse by creating **numerous sweets** based on this nut, which were the **precursors of marzipan and nougat**. In 1726, the "Diccionario de Autoridades de la Real Academia Española de la Lengua" stated that almonds



**"They are eaten in different ways, either in syrup, candied or roasted".**

Finally, after the conquest of America, the Spanish took this tree and its edible seed to countries such as **Mexico and the United States**. And, specifically, to what would later become the State of California, which today is the main producing region.

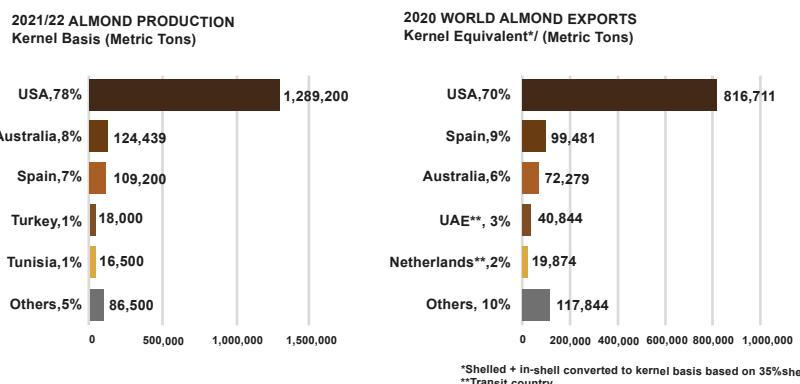
## Production

Almonds are trendy. Its cultivation has experienced a huge growth in the last decade all over the world. In fact, **it is currently the fruit tree with the largest planted area in the EU**, with 881,000 hectares counted in 2021 (Eurostat).

**881,000 HECTARES ACCOUNTED FOR IN 2021 IN THE EU**

About 25% of the total area under fruit trees.

**Most of them (81%) are in Spain, which has grown from 548,604 hectares in 2015 to 744,000 hectares in 2020: + 26% in 6 years.**

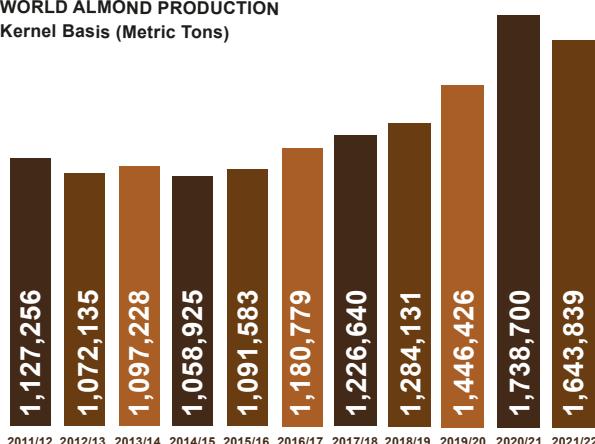


Globally, **Spain is the second largest exporter (9% of the total)**, after the United States, and almost all of its exports (90%) are destined for other European countries, being Germany, Italy and France its most important markets.

Portugal exports mainly to Spain, which has also become **one of the main importers**. However, this product, after qualified industrialization, is usually channelled abroad, given that Spain is the main processor in the EU.

Fuente: Anuario INC 2021/22.

WORLD ALMOND PRODUCTION  
Kernel Basis (Metric Tons)



Spain is also the **third largest producer of almonds (7% of world production)**, behind the United States (78%) and Australia (8%), according to data from the 2021/2022 Yearbook of the International Nut and Dried Fruit Council (INC).

If we add Portugal, the Iberian Peninsula would climb to **second place in the world**.

Portugal has experienced a spectacular recovery in almond production since 2016: **from less than 10,000 t to 31,610 t in 2020**. It is thus among the fastest growing countries. The planted area was already at 52,344 hectares that year, according to the Portuguese National Institute of Statistics.

Although the farms have traditionally been located in the Trás-os-Montes region and in the Algarve, recently there has been a strong commitment to this crop in **Beira Interior and in the Alentejo** (especially around the Alqueva reservoir), with an abundant presence of plantations under intensive irrigation.

In Spain, Andalusia (especially the provinces of Granada and Almeria) is the leading producer, followed by Castile-La Mancha, Murcia, Aragon and Valencia.

Andalucía	38%
Castilla-La Mancha	14%
Murcia	12%
Aragón	12%
C. Valenciana	11%



Over the last few years, organic production has grown, which in Spain already reached **123,953 hectares** in 2021 (data from the Ministry of Agriculture, Fisheries and Food, MAPA), and which in Portugal is also gaining ground.

As for the future, a considerable increase in production is expected in Spain and Portugal, thanks to profound changes in the sector, such as the following:

- More **irrigated** plantations (their yield is 7 times higher than in rainfed).
- New generation **typified varieties**.
- Highly professionalised farm **management**.

# Consumption

As in production, consumption has soared over the last years on a global scale, but also in the domestic market.

- Spain is **the third largest consumer of almonds**, with 114,164 t in 2020 (INC Yearbook), only surpassed by the United States and India.
- Its main destination is the **confectionery industry**, nougats, chocolates and pastries.
- With **2.44 kg/inhabitant/year**, it is one of the main consumers per capita.
- **Portugal** has almost doubled its consumption in just 6 years, from 3.8 kg/inhabitant/year in 2014 to 6.5 kg/inhabitant/year in 2020.
- Currently, it is around **67,000 t/year**, counting both natural and processed products.

In Germany, one of the largest consumers in Europe thanks to the strength of the almond chocolate sector, **83,938 tonnes** were consumed in 2020, which is 14% more than in 2016.

Meanwhile, France is **Europe's largest consumer of almond flour**, with a major almond flour industry, and annually exceeds 40,000 tonnes.

One of the consumer trends that are increasing the demand for almond in all these countries is **the replacement of animal proteins** with vegetable proteins. These consumers tend to opt for products such as snacks, flours, milks, pastas or ice cream.

## Portrait of the almond consumer (MAPA data):

- Couples without children or with middle-aged or older children.
- With a buyer between **35 and 64 years** of age.
- Middle, lower-middle or upper-middle class.



# Campaign

## Reasons for a campaign



### Les amandes européennes sont un produit sûr :

#### Safe:

under  
European  
standards.

#### Healthy:

with beneficial  
properties for the  
consumer.

#### Sustainable:

protects the environment  
and the quality of life in  
rural areas.

#### Quality:

with characteristics that  
favour the circular  
economy.

Due to European regulations, our almonds meet the world's highest standards in matters such as food safety, quality and, above all, environmental sustainability.

**Approximately 70% of the almonds consumed in Europe come from the USA.**

In Germany, **around 65% of imported almonds are Californian**, while 20% are Spanish (World Bank data in 2021).

**More than 50% of France's imports** come from Spain, but the United States and Australia still account for almost 30%.



For all these reasons, the Spanish association SAB-Almendrave and the Portuguese CNCFS (Centro Nacional de Competências dos Frutos Secos) have decided to **launch a European Programme** focused on sustainability in the Iberian almond production process.

# Objectives and targets



The campaign aims to **increase the level of awareness and notoriety of European almonds**, focusing on their sustainability. It also aims to increase its demand and facilitate its expansion.

In this aspect, the campaign focuses on **4 EU markets**:



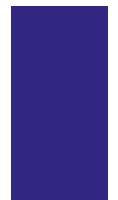
Spain



Portugal



Germany



France

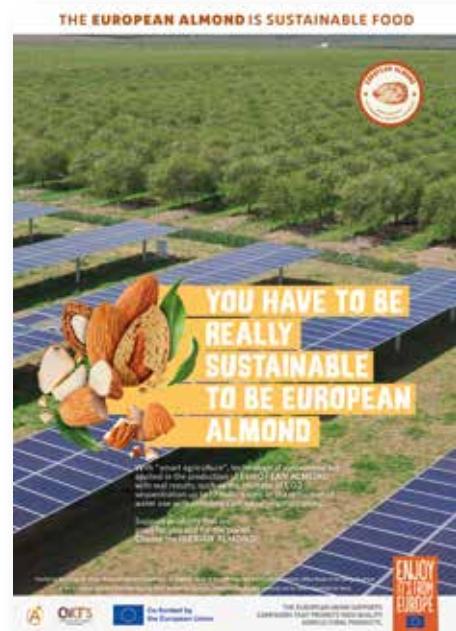


## Targets:

- ✓ Industrial sector
- ✓ Distribution sector
- ✓ End consumer (special focus on sportsmen and sportswomen)



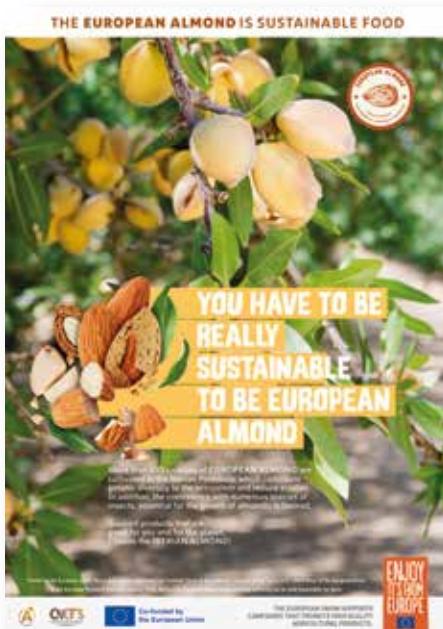
# Lines of action



The campaign is based on a 360° strategy which **combines an informative part with a creative part**. The first aims to communicate the differentiating characteristics of European almonds, which distinguish them from those of other origins.

Characteristics such as **its ecological and social sustainability**, its excellent water management, the significant investment in R&D made by producers to ensure its quality and food safety, and its leadership in terms of organic production.

As far as creativity is concerned, **a direct and powerful message** has been chosen to highlight this important component of sustainability:



# Salón Gourmets



# SIAL París





# Digital branded content: Influencer campaign

Digital branded content campaign with influencers developed across the four markets, designed to reach consumers through digital platforms and social media, increasing awareness of the sustainability of the European almond.



ely\_pilatesupbeach and sustainablealmond\_eu  
Manu Chao • Me Gustas Tu

ely\_pilatesupbeach 7w  
Ya sabéis cuánto me gusta apostar por los productos sostenibles y de proximidad 🌱

Por eso, ¿quiero hablaros de las almendras Europeas! ¿Y por qué? ¡Os cuento aquí todos sus beneficios para el medioambiente!

- Secuestro de Carbono: cada hectárea de almendro fija 22,24 toneladas de CO2 al año.
- Uso Eficiente del Agua: el 77% de los almendros europeos se cultivan en régimen de secano, lo que implica un menor uso de agua.
- Respeto a la Biodiversidad: las plantaciones de almendra europea conviven con insectos esenciales para el proceso productivo y se promueve

September 8, 2024

Add a comment...



ana\_santoss.13 70w  
Original audio

ana\_santoss.13 70w  
Quem é que também é fã da amêndoa europeia? 🌱  
Um alimento versátil que pode ser consumido como snack para um passeio leve. E como para fazer boas barras crocantes para o treino de bicicleta 🚴

• A amêndoa europeia tem um perfil nutricional muito completo 🌱 É rica em gorduras (sobretudo insaturadas) e rica em proteínas vegetais de boa qualidade, com um importante poder saudável 🌱

• É também um produto sustentável 🌱 Sabias que 77% das amendoeiras na Europa são cultivadas em terrenos secos, o que significa que se utiliza menos água? 🌱 Além disso, as amendoeiras melhoram o solo.

862 4 9w

September 18, 2024

Add a comment...



malikemoves and sustainablealmond\_eu  
Smoothmood, Teau, himood + Flow

malikemoves 67w  
Mit europäischen Mandeln ist es einfach, etwas zu essen, das gut für dich und den Planeten ist! Sie sind nicht nur köstlich und voller pflanzlicher Proteine, sondern auch nachhaltig, und zwar aus vielen Gründen: Mandelbäume helfen bei der CO2-Bindung, und in Europa werden 77 % der Mandeln im Regenfeldbau angebaut, d. h. sie nutzen das Wasser verantwortungsvoller und effizienter. Außerdem verhindern Mandelbäume die Erosion und dienen als Brandschutz. Der minimale Einsatz von chemischen Düngemitteln ist von der EU zertifiziert. Für mich sind Mandeln auch der perfekte Snack für zwischendurch und perfekt zum Teilen! ❤️

28 2 9w

September 30, 2024

Add a comment...



twobrosriding and sustainablealmond\_eu  
Paid partnership  
Original audio

twobrosriding 69w  
Enduro MTB avec de bonnes amandes européennes !

⚠️ Dans la vidéo d'aujourd'hui, nous vous montrons comment nous incluons les amandes européennes dans notre sortie.

⚠️ En plus d'être un en-cas naturel, avec de nombreuses propriétés qui aident votre récupération musculaire, les amandes européennes sont durables. Saviez-vous que l'amandier est l'arbre fruitier ayant la plus grande surface plantée dans l'Union européenne, et que 77% de cette surface est cultivée dans un système pluvial, et le reste sous irrigation contrôlée ? Cela signifie qu'ils sont utilisés au meilleur pour la santé.

3 10 9w

September 22, 2024

Add a comment...

ET TOI TU PRÉFÈRES LES AMANDES FRITES

In addition, A SEAL has been created that will standardise the campaign in all media and countries, but which will also serve to transmit the values of European almonds at a glance:



And, finally, we have a protagonist (and luxury prescriber) who is a great connoisseur of nuts. A likeable character, committed to the natural world and very active and healthy, who conveys better than anyone all those values with which European almonds are identified. We are talking about...

# OUR SQUIRREL



# Sustainability

## Iberian almonds, low-impact agriculture

It sequesters more carbon.

It uses less water.

It is more respectful of biodiversity and bees.

It does not use some phytosanitary products permitted in other producing countries.

It is a brake on erosion and a natural firebreak.



The cultivation of Iberian almonds is a perfect **example of low-impact and sustainable agriculture** in an area particularly vulnerable to climate change.



**Carbon:** A study published in 2013 by the Government of Aragon calculated that **each hectare of irrigated almond trees fixes 22.24 tonnes of CO2/year.**

Extrapolated to the entire Iberian Peninsula, this would mean that the Iberian almond forest **would sequester around 16,900,000 tonnes of CO2 each year.**

An amount greater than that emitted by the **entire city of Barcelona.**

Not to mention the fact that many of the farms already have programmes for the **generation of renewable energies.**



**Water management:** The sector is deeply committed to the **responsible and efficient use** of this resource which, in an area with such significant water stress as the Mediterranean Basin suffers, is particularly valuable.

85% of the almond trees grown in the two countries are **rainfed**.

And irrigated farms are **using technology** to limit their consumption, implementing **irrigation plans on demand** for each farm, controlled remotely by technological means.



**Biodiversity:** Another point in favour of the sustainability of European almonds is their genetic richness. Only in **Spain, more than 100 varieties are grown**, some of which are thousands of years old.

Moreover, in Mediterranean countries, these are generally hard-shelled, which makes them more resistant to pests and the effects of insecticides, as well as to other external agents during storage and industrial treatment processes. This reduces the need to apply phytosanitary products.



**Erosion and fire:** Finally, almond tree fields are an effective brake against erosion in a terrain that is very susceptible to erosion, especially in sloping areas. When planted in terraces, they improve soil structure, allow water retention and contribute to the creation of microbial life.

They also act as **natural firebreaks**, as they largely prevent the spread of flames.



# Benchmarks in organic almond production

One of the competitive advantages of the Iberian sector is the climate, which makes it easier for many productions (especially the more traditional, rain-fed ones) to be certified as organic products.

**Around 21% of the total surface area** in Spain is already certified organic. To these must be added some 5,000 hectares in Portugal (INE data in 2019).

**The United States and Australia** devote at least 2% of the cultivated area to organic farming, focusing, on the contrary, on super-intensive farms.

This places the Iberian Peninsula as a **major world reference in organic almond production**.



And there is no doubt that this represents a great opportunity for the future:

- The **demand** for this type of product is **steadily increasing**.
- The **price** is also **higher**, as consumers are willing to pay a little more for a quality and environmentally friendly product.
- The **global market for organic food will triple**. It is estimated that by 2030, according to a study by the consultancy Precedence Research, it will grow at a rate of 12% year-on-year to reach 497 billion dollars a year.

In this sense, SAB-Almendrave and CNCFS are committed to **encouraging**, among their associates, **this transformation to organic farming**.

# Circular economy



The Iberian almond sector is also making successful progress in terms of **making the most of the by-products** it generates. This is essential when it comes to minimising waste and promoting the circular economy. And the uses for them are diverse.

**Almond shells:** a perfect material for biomass energy generation, and one of the most widely used among agro-industrial waste, according to the biofuels guide published in 2022 as part of the European AgroBioHeat project.

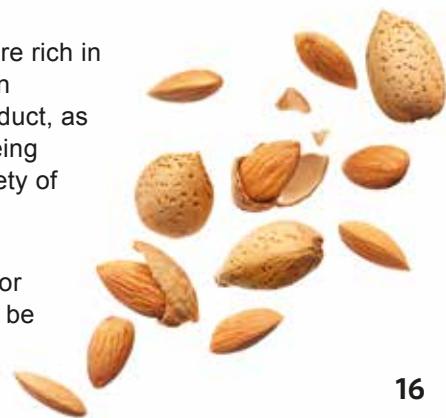
It accounts for between 62% and 78% of the total weight of the fruit, so it is estimated that the Iberian Peninsula generates some **314,000 tonnes of husks per year**.

The guide indicates that, if stored correctly and subjected to a minimum treatment to homogenise the particle size, "**a good quality solid biofuel** can be obtained".



**Almond skins**, which are rich in fibre, are no longer even considered a waste product, as they are increasingly being incorporated into a variety of functional foods.

From them, excipients for veterinary products can be obtained.



# European production model

In addition, it should be noted that the Iberian almond forms part of the **most demanding production model** in terms of environmental sustainability, food safety and quality in the world: the European model.

Thus, it must comply with a series of very strict requirements in terms of agricultural practices and the use of phytosanitary products, among others.

As far as food safety is concerned, the SAB-Almendrave and CNCFS partners comply with the Global Food Safety Protocol, operating through a **Hazard Analysis and Critical Control Point (HACCP) system**. To this end, they have their own laboratories, fully equipped and specialised in carrying out all types of analysis, in accordance with existing regulations, in order to guarantee the highest possible quality.

Furthermore, SAB-Almendrave adheres to the **Code of Conduct on Responsible Business and Marketing Practices**, which is a key tool in the European Commission's 'From the Field to the Table' strategy. In this framework, it encourages its members to implement sustainability actions and business practices with aspirational goals.

And, in an effort to innovate, the organisation is also a representative member of the **Bitter Almond Detection and Eradication Task Force**. A project that seeks to develop systems capable of detecting and eliminating bitter almonds in sweet consignments through technology, without using dangerous chemical agents or generating toxic waste.

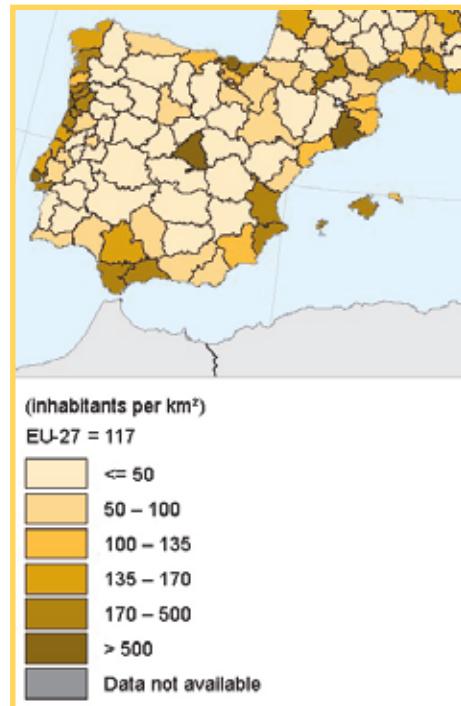


# Fight against rural depopulation

The sustainability of almond growing is not limited to environmental considerations, as it is also a socially **sustainable product**.

It contributes to:

- -Fixing population in rural areas.
- Encouraging entrepreneurship.
- Creating wealth and well-being in areas with little economic activity.



In fact, most of the plantations are located in small and medium-sized population centres.

- Two of the four Spanish autonomous communities with the largest productive surface area (Castile-La Mancha and Aragon) are part of the **so-called Empty Spain**, where depopulation is particularly virulent.
- The same is true of Portugal: the four sub-regions of Trás-os-Montes, Beira Baja, Baixo Alentejo and Alto Alentejo are **among the least densely populated** and also have the highest concentration of almond farms.

It is therefore a sector that is **committed to the territory and its landscape values**, and which actively helps to maintain them, as it contributes to the biodiversity of the ecosystem.



# The product

As a key element of the Mediterranean Diet since time immemorial, the **nutritional profile of the almond is very complete**, being, like all other nuts, essential when it comes to maintaining a healthy diet.

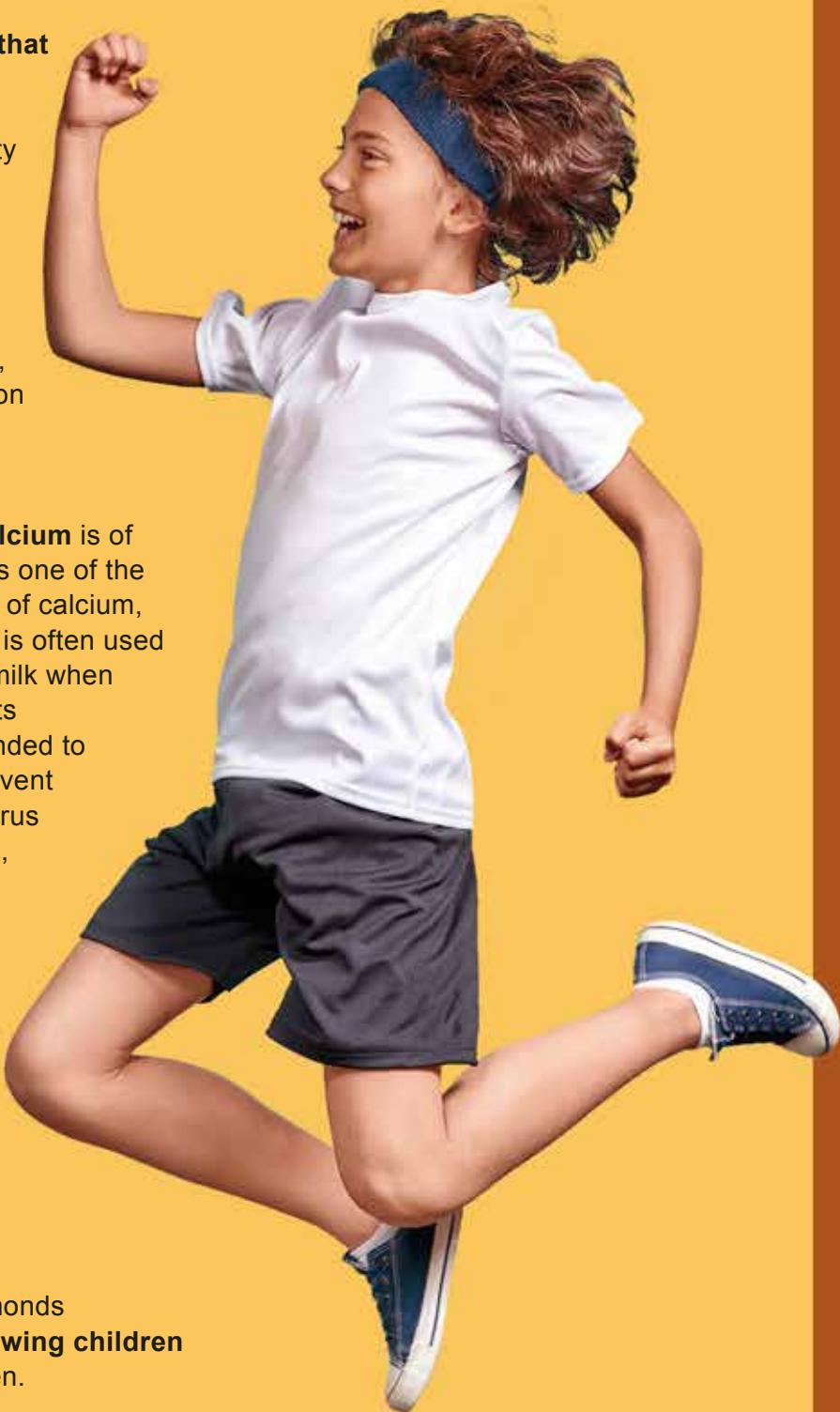
It has, for example, a high fat content (above all, **unsaturated fats, those that benefit cardiovascular health**) and a high contribution of good quality vegetable proteins, complete in terms of their essential amino acid content.

Their caloric value is high, but precisely for this reason they have an important satiating power.

Amongst the minerals, **calcium** is of particular note. In fact, it is one of the richest vegetable sources of calcium, which is why almond milk is often used as a substitute for cow's milk when there is intolerance, and its consumption is recommended to strengthen bones and prevent osteoporosis. Its phosphorus content contributes to this, which also ensures good bone quality.

It also has moderate amounts of B vitamins and is a **good source of vitamin E**, with antioxidant action (to which are added significant doses of zinc and phytosterols).

For all these reasons, almonds are recommended for **growing children** and sportsmen and women.



According to data from the Spanish Food Composition Database (BEDCA), of the Ministry of Science and Innovation, these are their attributes:

Componente	Valor	Unidad
<b>Proximales</b>		
alcohol (etanol)	0	g
energía, total	2453 (589)	KJ (Kcal)
grasa, total (lípidos totales)	45,22	g
proteína, total	19,1333	g
agua (humedad)	5,8682	g
<b>Hidratos de Carbono</b>		
fibra, dietética total	8,3475	g
carbohidratos	6,2038	g
<b>Grasas</b>		
ácido graso 22:6 n-3 (ácido docosahexaenóico)		
ácidos grasos, monoinsaturados totales	27,98	g
ácidos grasos, poliinsaturados totales	11,14	g
ácidos grasos, saturados totales	4,32	g
ácido graso 12:0 (láurico)		
ácido graso 14:0 (ácido mirístico)	0,03	g
ácido graso 16:0 (ácido palmítico)	2,98	g
ácido graso 18:0 (ácido esteárico)	1,08	g
ácido graso 18:1 n-9 cis (ácido oléico)	27,3	g
colesterol	0	mg
ácido graso 18:2	11,06	g
ácido graso 18:3	0,05	g
ácido graso 20:4 n-6 (ácido araquidónico)		
ácido graso 20:5 (ácido eicosapentaenóico)		
<b>Vitaminas</b>		
vitamina A equivalentes de retinol de actividades de retinos y carotenoides	0	ug
vitamina D	0	ug
vitamina E equivalentes de alfa tocoferol de actividades de vitámeros E	24	mg
folato, total	70	ug
equivalentes de niacina, totales	5,3	mg
riboflavina	0,78	mg
tiamina	0,21	mg
vitamina B-12	0	ug
vitamina B6, total	0,11	mg
vitamina C (ácido ascórbico)	traza	mg
<b>Minerales</b>		
calcio	248,25	mg
hierro, total	3,5875	mg
potasio	767,25	mg
magnesio	258,125	mg
sodio	10,3625	mg
fósforo	524,875	mg
ioduro	2	ug
selenio, total	4	ug
zinc (cinc)	3,6	mg

- **High in unsaturated fats**

(39 g per 100 g):

According to the Spanish Agency for Food Safety and Nutrition (AESAN), "it has been shown that replacing saturated fats with unsaturated fats in the diet lowers blood cholesterol. High cholesterol is a risk factor for coronary heart disease.

- **Source of vegetable protein**

(19 g per 100 g):

The proteins they contain are of good quality, complete in terms of their content of essential amino acids, according to the MAPA.

- **High fibre content (8 g per 100 g):**

It stands out from the rest of the nuts and dried fruits.



- **High in vitamin E**

(24 mg per 100 g):

Vitamin E "contributes to the protection of cells against oxidative damage", according to the AESAN. Just 50 g of raw almonds provide 100% of the recommended daily intake.

- **High in phosphorus, magnesium, calcium and zinc, and a source of iron.**

A 20g serving of raw almonds provides 15% of the recommended daily intakes for phosphorus and magnesium, and around 6% of the recommended daily intakes for iron, potassium and calcium.

For all these reasons, the four countries targeted by the campaign recommend regular consumption of almonds and other nuts.

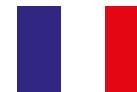
These are the guidelines published by the different countries, according to the European Commission:



Spain:



Germany:



France



Portugal

"Nuts provide fibre, plant-based protein and omega-3 fatty acids, an unsaturated fat that benefits cardiovascular health".

"25g of nuts can replace one portion of fruit".

"[Eat] a handful of unsalted nuts a day.

"Eat nuts as part of your diet".

# Varieties

## Amandes et noisettes espagnoles Mediterranean Taste

### ALMOND

**LAURANNE TYPE**



LAURANNE



FERRAGNES

**GUARA TYPE**



GUARA



MARINADA



PENTA



MARTA



VAIRO



CONSTANTÍ

**MARCONA TYPE**



MARCONA



BELONA

**VALENCIA TYPE**



ANTOÑETA



VALENCIAS

**LARGUETA TYPE**



LARGUETA



SOLETA



- Zona Norte
- Zona Centro
- Zona Levante
- Zona Sur
- Zona Extremadura
- Zona Baleares

**PROCESSED**



TOSTADOS



PALITOS



REPELADA



LÁMINAS



HARINA



PASTA

**HAZELNUTS**



NEGRETA



PAUETET



TONDA

**VALOR NUTRICIONAL AVELLANAS**

Contenido calórico (Kcal) 646,0
Proteínas (g) 13,0
Carbohidratos (g) 9,6
Fibra (g) 7,5
Contenido graso total (g) 62,0
Ácidos grasos Saturados (g) 4,6
Insaturados
Monosaturados (g) 48,7
Polinsaturados (g) 5,8
Colesterol (mg) 0
Vitamina E (mg) 15,19
Fitoesteroles (mg) 96,0
Minerales Cobre
Manganoso
Calcio
Potasio
Fósforo
Vitaminas Vitamina E
Vitamina B6

**VALOR NUTRICIONAL ALMENDRAS**

Contenido calórico (Kcal) 576,0
Proteínas (g) 19,0
Carbohidratos (g) 4,8
Fibra (g) 15
Contenido graso total (g) 53,5
Ácidos grasos Saturados (g) 4,2
Insaturados
Monosaturados (g) 36,6
Polinsaturados (g) 10
Colesterol (mg) 0
Vitamina E (mg) 26,18
Fitoesteroles (mg) 96,0
Minerales Cobre
Fitoesteroles (mg) 120
Calcio 248
Potasio
Fósforo
Vitaminas Vitamina E
Vitamina B6

**CALIDADES ESPAÑA**

	Enteras	Mezclas	Dobles	Daños mecánicos	Materias extrañas	Partículas y polvo	Mitades y trozos	Daños por insectos	Otros defectos
Extra	5%	5%	2%	0,05%	0,1%	2%	0,25%	0,5%	
Supreme	5%	5%	5%	0,05%	0,1%	3%	0,50%	1%	
Selected	15%	10%	10%	0,10%	0,1%	5%	0,50%	1%	
Unselected Valencias	25%	20%	15%	0,20%	0,1%	15%	0,75%	2%	
Whole & Broken	30%	25%	35%	0,20%	0,1%		1,00%	3%	
Pieces				0,20%	0,1%		1,00%	3%	

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# In portugal they stand out:

SOLETA



AVIJOR



GUARA



The traditional varieties of the Iberian Peninsula are generally very resistant, as they have hard or very hard skins.

This gives the fruit greater protection against external aggressions, such as insects, the weather or pesticides.

## Gastronomic versatility

The Iberian almond is a culinary all-rounder, capable of adapting to any type of recipe.



### Soups:

- Ajolanco
- Almond soup

### Sauces:

- Romesco
- Pesto

### Main courses:

- Fish "almadine"
- Malaga goat "pastoril malagueño"

### Sweets:

- Nougat
- Marzipan
- Cake
- Ice cream...



## Presentations



### GRAIN:

The hulled almond.



### REPEELED:

the kernel with skin is introduced into a machine that repels it under conditions of high temperature and humidity.



### FILLETS:

after a process of mechanical division, these fillets are obtained and used as salad dressings, in cereal products or for decoration.

**GRANILLO:**

Cut into cubes, ideal for fillings and coatings, toppings for dairy and bakery products, toppings for ice cream, and meat, fish and seafood dishes.

**PALITOS:**

Almond cut into sticks; used in toasted snacks, confectionery and bakery products, or as a salad dressing.

**FLOUR:**

the product of milling the grain, usually repelled. Perfect for making butter or marzipan, or as a thickener in sauces.

**TOASTING:**

toasting is done in space ovens, at a temperature of 160°C ( $\pm 20^\circ\text{C}$ ) for about 45 minutes.

**PASTA:**

dense and aromatic cream widely used in confectionery specialities, it is a very high quality product with a maximum percentage of almonds.

**ICE CREAM:**

cold curdled cream, thin and sweet, but not cloying or buttery, which shows the dominant trace of the ground kernel.

# About SAB-ALMENDRAVE and CNCFS



**Spanish Almond Board-Almendrave** is the Spanish Almond and Hazelnut Exporters' Association. Since 1947, it has represented, coordinated, defended and promoted the common interests of its members, both nationally and internationally; in 1987, it became a Collaborating Entity of the Spanish Administration. At present, it represents 68% of the national and hazelnut export activity. Its mission is to help its members to generate value in their products, obtained from sustainable practices and in the best conditions of quality and traceability.



Centro Nacional de Competências dos Frutos Secos

**CNCFS** (Centro Nacional de Competências dos Frutos Secos) is a Portuguese non-profit association that aims to promote the development of the sector in this country. It brings together more than **50 entities** dedicated to chestnut, almond, walnut, hazelnut, carob and pistachio, with the objectives of strengthening research and promoting innovation and the dissemination of knowledge.

# LEARN MORE ABOUT EUROPEAN ALMOND



[sustainablealmond.eu](http://sustainablealmond.eu)

[@sustainablealmond\\_eu](https://www.instagram.com/sustainablealmond_eu)

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