



Azuki Bio 500 g Ecosana

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Description

Azuki is a type of red bean typical of the Far East, widely used as an ingredient in the **macrobiotic** diet. Specifically, the **Azuki Bio from ECOSANA** is cultivated in Japan following **ecological** criteria, so its preparation is respectful with the environment. This kidney-shaped red legume is highly appreciated culinary in traditional oriental food thanks to its great richness in nutrients and the benefits it brings to the body. It is one of the legumes *richest in vegetable proteins and carbohydrates*, with **hardly any fats**, which make it ideal for maintaining a healthy life. It is also **rich in fibre**, so it will help you regulate the intestinal tract. Simple and quick to prepare, in one hour of cooking it is perfect to take in stews, salads or whatever you can think of!

Ingredients

Azuki beans*

*From Organic Agriculture.

Directions

Use at your convenience

Presentation

Contains 500 g

Warnings

Store in a cool, dry place.

May contain traces of **Gluten, Nuts, Sesame and Soya**.

Nutrition Facts

Per 100 g

	Quantity
Energetic Value	1377 kJ / 329 kcal
Fat <i>of which saturated</i>	0,53 g <i>0,19 g</i>
Carbohydrates <i>of which sugars</i>	50,20 g <i>2,35 g</i>
Fibre	12,70 g
Proteins	19,90 g
Salt	0,125 g

Allergen Information

Shelled Nuts, Sesame, Soya,

Certifications

