



## 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

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Azuki beans\*

\*From Organic Agriculture.

## Directions

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Use at your convenience

## Presentation

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Contains 500 g

## Warnings

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Store in a cool, dry place.

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

## Nutrition Facts

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Per 100 g

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

## Allergen Information

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Shelled Nuts, Sesame, Soya,

# Certifications

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