



Yellow Soyabean Bio 500 g Ecosana

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Description

Yellow Soyabean is a legume native to Asia, whose consumption has become popular all over the world in recent years. From **organic farming**, **ECOSANA Bio Yellow Soyabean** has been grown without the use of genetically modified organisms and without any type of chemicals, achieving a product of the best quality and at the same time respectful with the environment. Compared with the rest of legumes, yellow soybeans are the **richest in protein** par excellence, with almost four times more than chickpeas or lentils, which makes it especially interesting for **vegan and vegetarian** diets. It is also very **rich in fibre and minerals**, such as calcium and phosphorus. To enjoy these properties, just prepare them as you would other legumes, in stews, in salads...

Ingredients

100% Yellow **SOYABEAN** *

*From organic farming.

Directions

Use at your convenience

Presentation

Contains 500 g

Warnings

Contains **Soya**.

May contain traces of **Nuts and Sesame**.

Store in a cool, dry place.

Nutrition Facts

Per 100 g

	Quantity
Energetic Value	359 kcal / 1502 kJ
Fat <i>of which saturated</i>	16 g <i>10 g</i>
Carbohydrates <i>of which sugars</i>	28 g <i>18,6 g</i>
Fibre	20 g
Proteins	35,1 g
Salt	0,009 g

Allergen Information

Shelled Nuts, Sesame, Soya,

Certifications

