



Fine Textured Soya Bio 225 g Ecosana

SKU: 467010065 EAN13: 8436012944025

Description

ECOSANA Bio Fine Textured Soya is obtained from soybeans from **100% organic** farming, once the fat and skin of the bean have been removed, achieving that form of bread crumbs, after being subjected to a **texturing and dehydration process**. Being ecological, ECOSANA's Bio fine textured soybeans are **free of genetically modified organisms and do not use chemical substances** for its preparation, thus contributing to caring for the environment. Textured soy is well known in the vegetarian and vegan world, as it is the star food as an alternative to protein of animal origin, providing us with the same amount of protein per 100 g of product as a beef or salmon fillet. Easy to prepare, since you only need to hydrate it and season to taste, you can prepare a multitude of recipes as an alternative to animal meat: hamburgers, Russian steaks, meatballs, soy-stuffed aubergines, pasta

sauces, soya-filled cannelloni or soups...

Ingredients

Fine Textured **Soya** Protein*

*From Organic Agriculture.

Directions

Use at your convenience

Presentation

Contains 225 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	1688 kJ / 400 kcal
Fat <i>of which saturated</i>	9 g <i>2 g</i>
Carbohydrates <i>of which sugars</i>	32 g <i>9 g</i>
Fibre	16 g
Proteins	47,5 g
Salt	0,015 g

Allergen Information

Shelled Nuts, Sesame, Soya,

Certifications

