



## 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

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Fine Textured **Soya** Protein\*

\*From Organic Agriculture.

## Directions

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Use at your convenience

## Presentation

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Contains 225 g

## Warnings

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Contains **Soya**.

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

Store in a cool, dry place.

## Nutrition Facts

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Per 100 g

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

# Allergen Information

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Shelled Nuts, Sesame, Soya,

# Certifications

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