



# Thick Textured Soya Bio 150 g Ecosana

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## Description

La **Soja texturizada gruesa Bio de ECOSANA** se obtiene a partir de las habas de soja procedentes de cultivos **100% ecológicos**, una vez eliminada la grasa y la piel del haba, logrando esa forma de migas de pan, tras ser sometida a un proceso de **texturización y deshidratación**. Al ser ecológicas, la soja texturizada fina Bio de ECOSANA está **libre de organismos modificados genéticamente y no emplea sustancias químicas** para su elaboración, contribuyendo de esta forma al cuidado del medio ambiente. La soja texturizada es muy conocida en el mundo vegetariano y vegano, por ser el alimento estrella como alternativa a la proteína de origen animal, aportándonos por cada 100 g de

producto la misma cantidad de proteínas que un filete de ternera o de salmón. **Fácil de preparar**, pues solo necesitas hidratarla y salpimentar al gusto, puedes preparar multitud de recetas como alternativa a la carne animal: hamburguesas, filetes rusos, albóndigas, berenjenas rellenas de soja, salsas para pastas, canelones rellenos de soja o sopas... **Origen: Agricultura UE** (Francia)

**ECOSANA's Bio Thick 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 breadcrumbs, 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 soya 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, soy-filled cannelloni or soups...

## Ingredients

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Coarse Textured **Soya** Protein\*

\*From Organic Agriculture.

## Directions

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Use at your convenience

## Presentation

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Contains 150 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

	Quantity
<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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