



# Green Bean (Mung Bean) Bio 500 g Ecosana

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## Description

**ECOSANA's Organic Green Bean**, known as "mung bean", is a legume rich in proteins and complex carbohydrates widely used in Indian and Chinese diets. ECOSANA's mung bean is obtained from **sustainable farming**, respectful with the Environment, which strictly comply with the **organic production standards**:

- Without pesticides, fertilizers or herbicides of synthetic origin.
- Without additives, colourings, flavourings, aromas...

- Without genetically modified organisms.

Its sweet taste and soft texture make it a very **versatile** ingredient that adapts to both **stews** and **salads**, as well as an excellent accompaniment to **meat** and **fish**. It is advisable to leave it to soak for a few hours to eliminate the substances that cause flatulence (do not leave it too long, as they soften before other legumes). In addition, being rich in lysine amino acids, they are ideal for making the most of protein in **vegetarian and vegan-based diets**.

## Ingredients

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Green Bean (Mung Bean)\*

\*From organic farming

## Directions

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For easy digestion, soak for 4-6 hours before cooking. Cook over low heat until the skin begins to peel off, using 4 cups of water for each cup of beans. It is ideal for making stews and stews or as an accompaniment to meat and fish.

## Presentation

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Contains 500 g

## Warnings

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Store in a cool, dry place.

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

## Nutrition Facts

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Per 100 g

	Quantity
<b>Energetic Value</b>	<b>1299 kJ / 313,50 kcal</b>
<b>Fat</b> <i>of which saturated</i>	<b>1,20 g</b> <i>0,30 g</i>
<b>Carbohydrates</b> <i>of which sugars</i>	<b>62,80 g</b> <i>1,50 g</i>
<b>Fibre</b>	<b>16,30 g</b>
<b>Proteins</b>	<b>23,30 g</b>
<b>Salt</b>	<b>0,0375 g</b>

## Allergen Information

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Shelled Nuts, Sesame, Soya,

## Certifications

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