



Cooked White Beans Extra BIO 660 g Ecosana

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Description

White beans contribute vegetable proteins and carbohydrates to the diet. You can include them in your favorite salads, in fajitas or turn them into hummus, but they are also ideal for making a warm stew. You just have to put them on the fire for about 3-4 minutes or put them in the microwave, just about 90 seconds.

Remember that to maintain a healthy and balanced diet it is advisable to consume between two and three servings of legumes a week. Once the jar is opened, keep in the refrigerator.

Ingredients

White beans *, water and salt.

* From Ecological Agriculture.

Directions

Store the product in a dry place (RH <65%) and at an optimum temperature of 25°C. Once opened, keep refrigerated for a maximum of 3-4 days in a non-metallic container. It can be consumed with or without heating.

Presentation

660 g container. Net weight

Drained Net Weight 450 g

Nutrition Facts

Per 100 g

Energetic Value

435 kJ / 103 kcal

Fat	0 g
of which saturated	0 g
Carbohydrates	16 g
of which sugars	0 g
Fibre	4,80 g
Proteins	7,30 g
Salt	0,90 g

Allergen Information

Allergen-free

Certifications

