



Cooked Azuki Beans Extra BIO 660 g Ecosana

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Description

Azuki is a red legume, typical of eastern countries, highly appreciated for its richness in nutrients. It has such a particular flavour that it can be used in sweet and savory recipes.

You can prepare them in different ways: in soup, in puree, in salads, with rice and also, they are an excellent ingredient in cakes and desserts.

Ingredients

Azuki Bean*, water and salt.

*From Organic 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

Contains 660 g as Net Weight.

Drained weight 450 g.

Nutrition Facts

Per 100 g

Energetic Value	611 kJ / 146 kcal
Fat	1 g
<i>dof which saturated</i>	<i><0,50 g</i>
Carbohydrates	19 g
<i>of which sugar</i>	<i><2,50 g</i>
Fibre	9,50 g
Proteins	10,50 g
Salt	0,90 g

Allergen Information

Allergen-free

Certifications

