



# Cooked Azuki Beans Extra BIO 660 g Ecosana

SKU: 467010480 EAN13: 8436578546695

## 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

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Azuki Bean\*, water and salt.

\*From Organic Agriculture .

## Directions

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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

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Contains 660 g as Net Weight.

Drained weight 450 g.

## Nutrition Facts

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Per 100 g

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

## Allergen Information

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Allergen-free

## Certifications

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