

Eco White Soybeans 500 gr

EAN: 8429215120730 FABRICANTE: NATURCID



High in fiber, protein, thiamine (vit. B1), Niacin (B3), iron, potassium and calcium. Source of Riboflavin (B2) and Vitamin B6. Very low salt content.

DESCRIPTION

Applications

- Proteins contribute to the increase and maintenance of muscle mass.
- Riboflavin contributes to the normal functioning of the nervous system.
- Vitamin B6 helps reduce tiredness and fatigue.
- Iron contributes to normal cognitive function.
- Calcium contributes to the maintenance of bones and teeth.

Ingredients: White **soybeans** . *From organic farming.

Contains **soy** . May contain traces of **mustard** , **sesame and nuts**.

How to use. Used as a legume: soak for 6 to 8 hours. Cook over low heat for 40 minutes. It can be served as a main dish or as a side dish.

It can be consumed sprouted by consuming its sprouts.

Nutritional information per 100 g

Energy	1353 kJ ? 323 kcal
Fats	18.10g
Of which saturates	2.53g
Carbohydrates	6.29g
Of which sugars	6.22g
Fiber	21.96g
Proteins	33.73g
Salt	0.01g



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Vitamins		%*VRN per 100gr
Thiamine (B1)	0.61 mg	55%
Riboflavin (B2)	0.27mg	19%
Niacin (B3)	7.9mg	49%
Vitamin B6	0.38 mg	27%
Minerals		
Iron	9.7mg	69%
Potassium	1730mg	86%
Calcium	240mg	30%

*Reference Values of Nutrients.

Additional Information

- Does not contain genetically modified organisms (Non-GMO) or irradiated.
- BPA free packaging.
- Store at room temperature, in a cool, dry place protected from light.

