

BEAN[®] BETTER



BEAN BETTER[®] FERMENTED FAVA BEAN PIECE BASILICA 250 G

- FRESH PRODUCE / VACUUM / PRESERVATION 0 - +6 °C
- SHELF LIFE 90 DAYS, OPENED FOR 4 DAYS IN THE REFRIGERATOR
- BEST BEFORE: READ THE PRODUCT LABEL

Product ID: 019

Raw material: Low Fodmap certified fermented fava bean 60% (Finland), marinade (basilica, spinach, fermented garlic, pumpkin seeds, vinegar, rapeseed oil, sugar, salt (1,2%), black pepper, and emulsifiers (vegetable fiber)).

Type of food: Prepared food

Method of manufacture: Boiled

Raw material (classification): Dish

Dishes (classification): Vegetarian food

Edible portion: 100 %

Use: Fry as is in oil or heat by adding liquid (coconut milk, vegetable cream, etc.). Serve with rice, noodles or vegetables.

Portion size: Recipe amount

- The carbon footprint of the product is 0,4 kg CO₂-eq / kg

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SIGNATURE: _____ DATE / PLACE: _____

Mirja Taimisto
MIRJA TAIMISTO


100% plant based


Vegan


High fiber


High in protein

Special diets:

- Gluten free
- Soy free
- Lactose free
- Milkless
- Lactovegetarian
- Vegan
- Lacto-ovo-vegetarian
- Eggless

Nutritional info / 100g

Energy	965,7 Kj / 230,8 Kcal
Fat,	17,7 g
of which saturated	1,5 g
Carbohydrates,	9,1 g
of which sugars	2,6 g
Protein	9,9 g
Salt	1,2 g
Fiber	5,0 g

Allergens: NO

Wheat	x
Gluten	x
Fish	x
Seafood	x
Egg	x
Groundnut	x
Soy	x
Milk	x
Lactose	x
Walnut-Almond	x
Celery	x
Mustard	x
Sesame	x
Sulfur dioxide	x
Sulfate	x
Lupine	x
Molluscs	x

