

BEAN[®] BETTER

BEAN BETTER LEMPEÄ[®] NATUREL 250 G



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- FRESH PRODUCE / VACUUM / PRESERVATION 0 - +6 °C
- SHELF LIFE 90 DAYS, OPENED FOR 5 DAYS IN THE REFRIGERATOR
- BEST BEFORE: READ THE PRODUCT LABEL

Product ID: 064

Raw material: **Low Fodmap*** certified fermented fava bean (Finland), water, sea salt

Type of food: Raw material, cooked

Method of manufacture: Fermentation

Raw material (classification): Legume products

Dishes (classification): Legume preparation

Edible portion: 100 %

Use: Such as ripe minced meat; sauces, soups, baking, etc.

Portion size: Recipe amount

- The carbon footprint of the product is 0,8 kg CO₂-eq / kg
- High fiber • High in protein

Manufacturer: **Ferm Foods Oy Ltd** • Karamalmintie 2 • FI 02630 ESPOO

• Tel: +358 40 506 1156 • info@fermfoods.fi • fermfoods.fi

SIGNATURE:  DATE / PLACE:

MIRJA TAIMISTO



Low FODMAP*
certified
product



100% plant based



Vegan



High fiber



High in protein

Special diets:

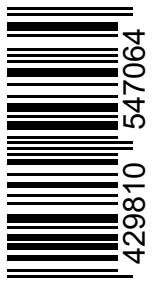
Gluten free
Cholesterol free
Soy free
Lactose free
Milkless
Lactovegetarian
Vegan
Lacto-ovo-vegetarian
Eggless

Nutritional info / 100g

Energy	541 Kj / 129 Kcal
Fat,	1,5 g
of which saturated	0,3 g
Carbohydrates,	5,1 g
of which sugars	4,3 g
Protein	16,0 g
Salt	1,2 g
Fiber	8,0 g

Allergens:

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



*The sugars typical of fava beans are fermented into a stomach-friendly form. The product is suitable for the Low FODMAP-diet.