

Soy beans organic Europe

Designation: soybeans

Description: Ripe, dried soybeans with a firm consistency. The beige to yellow soybeans have a cereal-like taste. They are high in protein and fiber. They can be used to make stews, soups, salads or soy milk.

Preparation: Soak the soybeans overnight and then rinse under running water. Cook 1 cup of beans with ca. 3 cups of water for about 1.5 hours at low heat. Then salt. For stews, soups, salads or for the production of soy milk.

Ingridients: soybeans*

* from controlled organic cultivation

Raw food: No

Fairtrade: No

Gluten-free: No

Vegan: Yes

Superfood: No

Naturally gluten-free: No

Plastic-free: No

Organic: Yes

Colli/Multi package: We trade this item in various packaging units. The current packaging size is 25kg. Please refer to the order confirmation for the final packaging unit.

Value Pack: No

ECO Control Point: DE-ÖKO-003

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1618 kj
Calorific value kcal	387 kcal
Fat	18.3 g
Of which saturated fatty acids	2.4 g
Carbohydrates	6.3 g
Of which sugar	5.7 g
Fibers	22 g
Protein	38.2 g
Salt	0.01 g

Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein

Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein
Fish	Nein
Soy	Ja
Nuts	Nein
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Nein
Barley	Nein
Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein