

Mung beans organic

Designation: mung beans

Description: Organic Mung Beans are small green beans with a firm texture. They are small and green with a typical white line where the small bean was stuck in the pod. They retain their shape when cooked, are slightly floury inside and have a mild, nutty flavour. Like other pulses, these little nutritional powerhouses are high in protein and fibre. They are already a staple food in many Asian countries and are becoming increasingly popular here, as an ingredient in Indian and Chinese dishes such as dal, stir-fries, salads and bowls. A great addition to vegan, vegetarian and any other cuisine.

Preparation: Soak mung beans for 1-2 hours and then rinse under running water. Cook 1 cup of beans with 3 cups of water for approx. 45-60 minutes at low heat. Salt after cooking. Classic for Asian cuisine for soups and stews. Also popular as seedlings for salads.

Ingridients: mung beans*

* 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	1356 kj
Calorific value kcal	324 kcal
Fat	1.2 g
Of which saturated fatty acids	0.3 g
Carbohydrates	46.3 g
Of which sugar	6.6 g
Fibers	16.3 g
Protein	23.9 g
Salt	0.04 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	Nein
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