

# Mung beans organic

Organic mung beans are small, firm green beans with a distinctive white line where they were attached to the pod. They maintain their shape when cooked, have a slightly floury interior, and a nutty, mild flavour. Like other legumes, these little nutrient packs are high in protein and fibre. They are already a popular staple in many Asian countries and are increasingly appearing on our tables as an ingredient in Indian and Chinese dishes such as dal, stir-fries, salads, and bowls. An enrichment for vegan, vegetarian, and any other cuisine. Try other colourful legumes from our range such as [Black beluga lentils organic](#), [Chickpeas organic](#), [White beans organic](#) or [Red kidney beans organic](#).

[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