

Azuki beans organic

These small, dark red to reddish-brown Azuki beans have a sweet, nutty flavour. They are widely used in Asia and have long been a staple ingredient in traditional sweet pastes for desserts. They also have a significant place in traditional Chinese medicine and macrobiotics. Azuki beans are low in fat and high in protein and fibre. They are incredibly versatile and can be used in purees, salads, burgers, or fritters, as a soup ingredient, side dish, or sweet paste for creative desserts and baked goods. Discover more power beans in our shop: dark red kidney beans, black beans, or small green mung beans.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1299 kj
Calorific value kcal	311 kcal
Fat	0.53 g
Carbohydrates	50.2 g
Fibers	12.7 g
Protein	19.9 g
Salt	0.02 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

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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