

Beans azuki organic

Designation: azuki beans

Description: The dark red to reddish-brown, rather small azuki beans have a sweet, nutty flavour. They are particularly widespread in Asia and have long been used there as a sweet paste for traditional desserts. The small bean also has a firm place in traditional Chinese medicine and macrobiotics. They contain little fat and are a good source of protein and fibre. Azuki beans are wonderfully versatile and are suitable for purees, salads, as a soup garnish, for burgers, as a side dish and as a sweet paste for creative desserts and pastries.

Preparation: Soak the beans overnight and then rinse. Cook 1 cup of beans with about 3 cups of water for about 40 minutes over a low heat, then season with salt. Ideal for soups such as minestrone, antipasti, stews and salads, but also for sweet desserts and pastries.

Ingridients: azuki 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	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

Example Company

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