

White Beans organic

Mature, dried white beans with a firm consistency. These cream-coloured beans cook to a mealy texture, retaining their shape and boasting a particularly mild flavour. As a legume, they are rich in protein and fibre, making them suitable for a variety of cooking styles. Whether vegetarian, vegan, or traditional, they enhance many dishes. Particularly popular as 'Baked Beans' in the USA and UK, they also delight in soups, salads, spreads, or side dishes, providing a protein-rich enjoyment. Try sweet spreads or desserts like Cookie Dough made from these little powerhouses. Colourful legume variety at Bode: also discover [dark red kidney beans](#), [black beans](#) or even [small green mung beans](#) in our shop.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1308 kj
Calorific value kcal	313 kcal
Fat	0.9 g
Of which saturated fatty acids	0.2 g
Carbohydrates	45.1 g
Of which sugar	2.1 g
Fibers	15.2 g
Protein	23.4 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

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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