

Black beans organic (black turtle)

The dried black 'Black Turtle' organic bean is a traditional bean from South Mexico and Central America. It has a nutty flavour and a good nutrient profile. With its low fat content and as a good source of protein and fibre, it is an ideal ingredient in any kitchen. Like other legumes, they are a particularly important staple food in vegetarian and vegan diets. Black beans are suitable for dishes of Central American and Mexican cuisine such as hearty soups and stews, [chilis](#), bean paste and bread spreads. They are also often used in combination with [corn](#) or [millet](#).

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1317 kj
Calorific value kcal	315 kcal
Fat	0.9 g
Of which saturated fatty acids	0.2 g
Carbohydrates	47.7 g
Of which sugar	2.1 g
Fibers	15.5 g
Protein	21.2 g
Salt	0.022 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