

Giant White Beans Organic

Giant white beans cook wonderfully mealy in the core, but still retain their shape. They have a sweetish-aromatic taste and enrich every meal plan with their high protein and fiber content. Particularly popular are the large beans for Mediterranean starters and salads, but also for soups, spreads and many other creations, especially in the vegan and vegetarian kitchen. Bode Naturkost offers beans in colorful variety. Among other things, you will receive dark red kidney beans, black beans or even small green mung beans from us.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1236 kj
Calorific value kcal	295 kcal
Fat	1.3 g
Of which saturated fatty acids	0.2 g
Carbohydrates	36.2 g
Of which sugar	2.3 g
Fibers	24.4 g
Protein	22.5 g
Salt	0.012 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