

Organic split peeled mung beans (Mung Dal)

Firm, yellow, peeled and split mung beans with a nutty-mild flavour. After harvesting, the beans undergo multiple cleaning processes, followed by peeling and splitting. They are a popular choice in Ayurvedic cuisine for Dal, curries, soups, and when combined with rice and vegetables.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1356 kj
Calorific value kcal	324 kcal
Fat	1.2 g
Of which saturated fatty acids	0.3 g
Carbohydrates	46.3 g
Of which sugar	6.6 g
Fibers	16.3 g
Protein	23.9 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

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UST-IdNr.: DE154233667

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