

Black turtle beans organic

Designation: black beans

Description: The dried organic black bean 'Black Turtle' is a traditional bean from southern Mexico and Central America. It has a nutty flavour and a good nutritional 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 pulses, they are a particularly important staple food in vegetarian and vegan diets. Black beans are suitable for Central American and Mexican dishes such as hearty soups and stews, chillies, bean puree and spreads. They are also often used in combination with corn or millet.

Preparation: Soak the beans overnight and then rinse thoroughly under running water. Cook 1 cup of beans with ca. 3 cups of water for about 1.5 hours at low heat. Salt afterwards. Popular in south and central american cuisine for hearty stews, bean puree, salads and dips.

Ingridients: black beans*

* from controlled organic cultivation

Raw food: No
Fairtrade: No
Gluten-free: No
Vegan: Yes
Superfood: No
Naturally gluten-free: No
Plastic-free: Yes
Organic: Yes
Colli/Multi package: We trade this item in various packaging units. The current packaging size is 5kg. 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	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