

308136S Black Turtle Beans (Osprío)



Pack Size: 3KG BAG

Details: A wholesome ingredient with a mild flavour, delicious in soups, stews and chilli

Allergen Information

Free from:

Cereal, Celery, Soya, Crustaceans, Eggs, Fish, Gluten, Mustard, Lupin, Milk, Molluscs, Nuts, Peanuts, Sesame, Sulphur Dioxide

Suitable for:

Kosher, Coeliacs, Vegetarians, Vegan

Handling Information

Directions For Use:

Soak beans overnight. Place in fresh water and boil rapidly for at least 10 minutes. Ensure beans are thoroughly cooked prior to consumption

Storage Instructions:

Store in a cool, dry place

Product Ingredients

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Black Turtle Beans

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

341 kcal / 1425 kJ

Fat:

1.42 g

of which saturates:

0.37 g

Carbohydrates:

46.86 g

of which sugars:

2.1 g

Fibre:

15.5 g

Protein:

21.6 g

Salt:

0.06 g

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.

