



309244S Mung Beans (Triple Lion)



Pack Size: 2KG BAG

Details: Mung beans are a natural source of protein, high in fibre and used extensively in Asian cooking, especially by vegetarians.

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 for 8 hours before cooking, Drain , rinse place in saucepan cover with water, Bring to the boil, simmer for 35-40 minutes until tender, season to taste.

Storage Instructions:

Store in a cool dry place, away from direct sunlight and strong odours.

Product Ingredients

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Mung Beans

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

274 kcal / 1163 kJ

Fat:

1.1 g

of which saturates:

0.3 g

Carbohydrates:

46.3 g

of which sugars:

1.5 g

Fibre:

0 g

Protein:

23.9 g

Salt:

0.03 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.

