



Organic Kitchen c/o  
CLF Distribution Ltd,  
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#### Product

<b>Name</b>	Organic Black Beans
<b>Description</b>	Naturally high in protein with no added sugar or salt, our black beans are perfect in stews, chilli dishes, salads and more.
<b>Code</b>	ORK7
<b>Barcode</b>	5055177536291
<b>Country of Origin*</b>	Italy
<b>*Country of origin may vary from time to time and the origin stated in this document is not guaranteed.</b>	

#### Packaging

<b>Net Content</b>	400g (240g drained weight)
<b>Packaging Type*</b>	Aluminium tin with paper label, Cardboard tray outer with plastic wrap (contains 12 units)
<b>*Packaging type may vary from time to time and the type stated in this document is not guaranteed.</b>	

#### Shelf Life

<b>Maximum Shelf Life</b>	36 months
<b>Storage Conditions</b>	Ambient (15°C - 20°C)

<b>Ingredients</b>	Black Beans*, Water. *Organic
<b>Allergens</b>	For allergens, see ingredients in <b>BOLD</b> .

#### Nutritional Values per 100g

<b>Energy</b>	416KJ (100kcal)
<b>Fat</b>	0.6g
<b>Of Which Saturates</b>	0.1g
<b>Carbohydrates</b>	13g
<b>Of Which Sugars</b>	0.9g
<b>Fibre</b>	6.4g
<b>Protein</b>	6.8g
<b>Salt</b>	0.02g

<b>Certifications</b>	Organic, Vegan Society
<b>Serving Requirements</b>	Ready to eat cold in salads, or try adding to stews and chilli dishes.