

# Organic Aduki Beans 500g

Allergy Advice

Packed In A Facility Which Handles Nuts

Caution - Do Not Eat Raw Pulses

Soak in plenty of cold water for 9-12 hours or overnight.

Rinse thoroughly and place in a pan of fresh water.

Bring to the boil and simmer for 30-40 mins or until tender

Suitable For Vegetarians & Vegans

Ingredients

Organic Aduki Beans

Nutrition per 100g Typical

Energy	1377kj (329 kcal)
Fat	0.53g
Of Which Saturates	0.19g
Mono-unsaturates	0.05g
Poly-unsaturates	0.11g
Carbohydrate	50.2g
Of Which Sugars	2.35g
Fibre	12.7g
Protein	19.9g



GB-ORG-05

Non EU/EU Agriculture  
Country Of Origin: Various



Batch  
Code

Store in a Cool Dry Place  
Best Before