

# Organic Black Turtle 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 Black Turtle Beans

Nutrition per 100g Typical

|                    |                   |
|--------------------|-------------------|
| Energy             | 1425kj (341 kcal) |
| Fat                | 1.42g             |
| Of Which Saturates | 0.37g             |
| Mono-unsaturates   | 0.12g             |
| Poly-unsaturates   | 0.61g             |
| Carbohydrate       | 47.1g             |
| Of Which Sugars    | 2.12g             |
| Fibre              | 15.2g             |
| Protein            | 21.60g            |



GB-ORG-05

Non EU/EU Agriculture

Country Of Origin: Various



Batch  
Code

Store in a Cool Dry Place  
Best Before