

Sprouted black beans

Amola

· S P R O U T E D ·

Description

Grain type: black beans.

Uses: tacos, quesadillas, nachos, salsa, chili, stews, salads, veggie burgers, grain bowls.
300 g.

Sprouted black beans are soft, creamy and smooth with a mildly sweet flavor. They are high in protein and fibre, and contain a good quantity of iron and potassium. Sprouting is a great way to release all these essential nutrients stored in the legumes.

Sprouted black beans can be used to prepare delicious and nutritious meals like tacos, quesadillas, nachos, salsa, chili, stews, salads, veggie burgers and grain bowls. And the most important: as they are sprouted no pre-soaking is required!

Cooking instructions

BOIL: bring 9 cups of water (or broth) to boil in a pot.

COOK: add 1 cup of sprouted black beans and boil for 45 minutes. Remove from heat.

FINISH: cover and let stand for 5-10 minutes, depending on the desired texture. Strain any excess water.

Ingredients and nutrition information

Ingredients: sprouted black beans
May contain peanuts, sesame and soybeans.

Nutrition information

	Per 100g	Per serving 50g
Energy	1510 kJ / 361 kcal	753 kJ / 180 kcal
Fat	0.6 g	0.3 g
of which saturates	0.13 g	0.06 g
Carbohydrates	66.4 g	33.2 g
of which sugars	1.2 g	0.6 g
Fibre	8.6 g	4.3 g
Protein	22.5 g	11.2 g
Salt	0.01 g	<0.01 g

This pack contains 6 servings.

Storage and shelf life

We carefully dry the black beans until they reach stable moisture levels. This means you can store them as you would store common beans: in a cool, dry place. Once you cook them, they should be stored in the fridge.

Shelf life: 1 year

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