

Sprouted peas

Amola

· S P R O U T E D ·

Description

Grain type: peas.

Uses: curries, stews, risotto, salads, grain bowls, soups.
300 g.

Sprouted peas are a good source of vitamins C and E, zinc and other antioxidants. And sprouting is a great way to release all these essential nutrients stored in the legumes.

Sprouted peas can be used to prepare delicious and nutritious meals like curries, stews, risotto, salads, grain bowls, soups. 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 medium pot.

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

FINISH: cover and let stand for 10-15 minutes, depending on the desired texture. Strain any excess water.

Ingredients and nutrition information

Ingredients: sprouted peas
May contain peanuts, sesame and soybeans.

Nutrition information

	Per 100g	Per serving 50g
Energy	1480 kJ / 354 kcal	740 kJ / 177 kcal
Fat	0.5 g	0.25 g
of which saturates	0.1 g	0.05 g
Carbohydrates	61.7 g	30.8 g
of which sugars	2.3 g	1.1 g
Fibre	8.1 g	4 g
Protein	25.6 g	12.8 g
Salt	0.02 g	0.01 g

This pack contains 6 servings.

Storage and shelf life

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

Shelf life: 1 year

MANUFACTURED BY:

Maltería Ovunque, Sofía Garaguso,
RNE 02-041.106, Gral. Paz 272,
Tandil (7000), Buenos Aires,
Argentina, +54 249 456 8269.

CONTACT US

✉ info@amola.com.ar

☎ +54 9 249 456 8269

📷 amola.sprouted

📘 amola

🌐 amola.com.ar



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