

NATURAL FLAGEOLET BEANS



PRESENTATION

With leg of lamb, ham or bacon, Mutular flageolet beans are very easy to cook. High in energy, these dried vegetables enjoyable anytime of the year, will satisfy the whole family both by their preserved taste as well as their nutritional qualities. Flageolet beans bring you health balance, energy and lots of benefits at every bite !

COOKING ADVICE

Heat over low heat in a saucepan or on medium power in a suitable dish in a microwave. Season to taste (butter, gravy, etc). Serve hot.

This preparation can also be served cold as a salad..

NUTRITION FACTS

for 100 g

Protein	4,07 g
carbohydrates	11,70 g
Fat	0,79 g
Calories	84,4 Kcal

INGREDIENTS

Flageolet beans 62%, water, salt.

AVAILABLE IN

420 g, 840 g and 4,2 kg.

