

# NATURAL WHITE BEANS



## PRESENTATION

In salads or on the side, Mutular haricot beans are very easy to prepare. Rich in protein, fibre and mineral, they are very nourishing and 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	7,3 g
carbohydrates	11,8 g
Fat	0,5 g
Calories	94 Kcal

## INGREDIENTS

White beans 60 %, water, salt.

## AVAILABLE IN

420 g, 840 g, and 4,2 kg.

