

THE CLEAN KILO

ZERO WASTE

SUPERMARKET



CANNELLINI BEANS ORGANIC

£0.42/100G

ORIGIN: CHINA

Nutritional Information Typical values (per 100g)

Energy kJ	1406
Energy kcal	331
Fat	1.7g
of which Saturates	0.5g
Carbohydrates	58g
of which sugars	2.2g
Fibre	25g
Protein	21g
Salt	

INGREDIENTS: Cannellini beans organic

STORAGE: Store in a cool, dry and hygienic condition away from direct light and odours.

SHELF LIFE: Please see dispenser for BB date.

COOKING INSTRUCTION: Soak them in lots of cold water for a minimum of 5 hours (they'll expand, so make sure your bowl is big). Drain and rinse, then put them in a large pan, cover with 5cm of cold water, bring to the boil, scoop off any foam, then boil for a further 10 minutes. Scoop the foam off again, then add just a little salt (too much salt before they're cooked will harden the skin, as will anything acidic like lemon juice or tomatoes), and simmer gently with the pan lid half on for 1 to 1 1/2 hours, until tender. Keep an eye on the water level, and add more if necessary.

ORGANIC CERTIFICATION: The product meets EU Organic Standards 834/2007 and 889/2008 and meets the Soil Association Organic Standards.

ALLERGENS: The product itself does not contain allergens - please read below.

ALLERGEN STATEMENT: Where products are indicated as not having an allergen present this refers to the product not being formulated or wholly derived from the particular ingredient. Allergen handling policies and procedures are in place through the supply chain to reduce the likelihood of cross contamination from allergens, however this cannot be guaranteed.

NOTE: The information is considered to be true and correct at the date of publication, changes in circumstances (i.e change of supplier/price etc) after the time of publication may impact on the accuracy of the information. We will endeavour to update any changes as frequently as possible. Publication last updated 22.08.19.

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