

# THE CLEAN KILO

ZERO WASTE

SUPERMARKET



## BUTTER BEANS ORGANIC £0.50/100G

ORIGIN: CHINA

### Nutritional Information Typical values (per 100g)

Energy kcals	303
Energy kj	1287
Fat	1.7g
of which Saturates	0.4g
Carbohydrates	53g
of which sugars	3.6g
Fibre	16g
Protein	19g
Salt	

INGREDIENTS: Butter 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 the beans in cool water for a minimum of five hours and as long as eight hours or overnight. Ensure that the beans are fully submerged. The longer they soak, the softer and creamier they'll be. Do not use the soaking liquid to cook the beans, as sugars -- which produce gas when consumed -- are released by the beans into the liquid. Cook 1.5hrs (Pressure cook 20 mins) Cooked beans, blended thoroughly with a highly seasoned mix makes a fantastic vegetable pate.

ORGANIC CERTIFICATION: Essential Trading Co-operative limited are organically certified to EU Regulation 834/2007 by the Organic Farmers & Growers (GB-ORG-02) & the Biodynamic Association (Demeter) (GB-ORG-06).

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 formulate 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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