

Bio

PULSES AND RICE



cooked
Brown rice



FORMAT:
Packaging 475 g.

STORE:
At room temperature.

NUTRITIONAL INFORMATION PER 100 G.

Energy: 467 kJ / 112 kcal.

Fats: 0,9 g. of which 0,2 g. are saturated

Carbohydrates: 23 g. of which <0,5 g. are sugar

Protein: 2,6 g.

Dietary fiber: 1,8 g.

Salt: 1,1 g.

MOST IMPORTANT NUTRITIONAL DECLARATIONS ORGANIC RICE:

- **Low in saturated fat.** A lower consumption of saturated fats contributes to maintenance of normal levels of blood cholesterol.
- **Sugar free.**



cooked
Lentils

cooked Chickpeas



FORMAT:

Packaging 475 g.

STORE:

At room temperature.

NUTRITIONAL INFORMATION PER 100 G.

Energy: 301 kJ / 71 kcal.

Fats: <0,5 g. of which 0 g. are saturated

Carbohydrates: 10 g. of which <2,5 g. are sugar

Protein: 5,8 g.

Dietary fiber: 3,4 g.

Salt: 1,2 g.

FORMAT:

Packaging 475 g.

STORE:

At room temperature.

NUTRITIONAL INFORMATION PER 100 G.

Energy: 374 kJ / 89 kcal.

Fats: 2,1 g. of which 0,3 g. are saturated

Carbohydrates: 10 g. of which 0,54 g. are sugar

Protein: 4,9 g.

Dietary fiber: 1,8 g.

Salt: 0,8 g.

MOST IMPORTANT NUTRITIONAL DECLARATIONS ORGANIC PULSES:

- Low in saturated fat. A lower consumption of saturated fats contributes to maintenance of normal levels of blood cholesterol.
- High in protein. Proteins contribute to the preservation and increase of muscle mass, as well as the maintenance of normal bone.
- Source of fiber.
- Low in sugar.
- Source of phosphorus /copper / manganese.
- High folate content.

PREPARATION



MICROWAVE OVEN
2 min.



PAN:
3 min.

