

<b>item</b> 700930	Mung beans	
<b>size</b> 6,00 x 500,00 G	<b>ID BIO</b>	<b>certification body</b> ABCERT
<b>country of origin:</b> CN	<b>customs origin:</b> CN	
<b>EAN carton</b> 4006040176107	<b>EAN piece</b> 4006040176114	
<b>gross weight</b> 3,150 KG	<b>tare weight gross</b>	0,000
<b>net weight</b> 3,000 KG	<b>tare weight net</b>	0,000
<b>carton size in CM</b>	<b>unit size in CM</b>	
L:25,70 W:13,80 H: 17,50	L:5,50 W:8,50	H:12,00
<b>layer/ pallet</b>		
L:25 P:125		

**additional product data**

product group: secondary placement :  
 replacement for:  
 available from:  
 languages on the label: DE  
 country of origin: CN  
 customs tariff code: 07133100

pallet weight (loading device included) 412,250 KG unit weight of packaging 0,000  
 pallet height (loading device included) 102,000 CM unit weight of packaging 0,000

**INGREDIENTS**

mung beans\* ,  
 \* = organic cultivation \*\* = biodynamic cultivation

shelf life (wholesaler): 300 Days

**nutritional regimen information** vegan:  yes  no raw food:  yes  no

**Production**

After the harvest, the beans are cleaned, sorted and packed.

**Product Information**

Mung beans have a slightly sweet taste and need to be soaked for only 1-2 hours. Especially popular in the Asian cuisine for wok dishes. In India, mung beans are a staple food that is used for the preparation of glass noodles and the famous mung dal.

**Usage**

For salads, stews, soups, with vegetable dishes and as side dish.

**Particularities**

packed by Rapunzel

**Packaging**

PP foil

**Storage**

Store in a cool and dry place.

**Recipe**

Soak mung beans for 1-2 hours and rinse under running water. Cook 1 cup of beans with 3 cups of water for approx. 30 minutes at low heat. Salt and season after cooking.

**Legal product designation**

Mung beans

**nutritional features**

nutritional features (per 100g) naturally varying!

Energy value kJ/kcal:	1281/304
Fat:	1,20 g
Of which saturated fatty acids:	0,30 g
Carbohydrates:	41,50 g
Of which sugars:	3,10 g
Fibres:	17,30 g
Protein:	23,10 g
salt:	0,023 g

**NOTES**