



Black Beans Precooked

3'040 kcal



- Tin Size:** \varnothing 13cm, height 17.4cm, perimeter 40.3cm
- Content:** Black Beans precooked and dehydrated, 800g
- Allergenes:** none
- Storage:** If possible, cool and dry, without direct sunlight.
A constant temperature of below 20° Celsius would be optimal.
- Once opened:** Close again with the enclosed plastic lid. Do not eat directly from the tin (contamination), then the opened product can be consumed for several weeks. Avoid temperature fluctuations, prevents moisture formation.
- Shelf Life:** 10 years. Vacuumed and sealed under protective atmosphere (Swiss Can Machinery)

Nutritional values per 100g:

Product	Energy KJ / kcal	Fat	th. Saturated fatty acids	Carbo- hydrates	thereof sugar	Protein	Salt	Dietary Fibres
Black Beans	1604 / 380	1,4	0,4g	62,4g	2,4g	21,6g	0,013g	15,5g

- Preparation:** boil for 10 - 15 minutes