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MUSO Product Information Sheet

RAW003

21-12-14

PRODUCT NAME:	HOKKAIDO BLACK BEANS				
DESCRIPTION:	-				
STORAGE CONDITIO	Keep packed in cool and dry place, away from sunlight	Organic	-		
STORAGE CONDITION (AFTER OPENING):	Store at cool and dark place away from sunlight and moisuture.	SHELF LIFE	-		

Product Code	Packaging Information	Unit GW (g)	Unit Size (mm)	Outer case GW (kg)	Outer Size (cm)
861000	30 KGS(66 LBS) /BAG				

INGREDIENTS

Black beans

HOW TO USE:

Wash and soak in water overnight and drain. Cook black beans with water, shoyu, Mirin and pinch of salt in pressure cooker. When it comes to boil and is pressurized, leave the pot 20 minutes. Release the pressure.

NUTRITIONAL INFORMATION				
	per 100g			
Energy : kJ	1,642			
Energy : kcal	393			
Fat: g	16.7			
of which saturates: g	2.1			
Carbohydrate (EU): g	17.9			
of which sugars: g	10.6			
Fiber: g	15.4			
Protein: g	35.1			
Salt: g (sodium (g) x2.5)	0.00			
Sodium: mg	1			