



Edamame in pod, 300g

young, green soybeans in pod



article number	barcode (item)	barcode (packaging)	eco-ID	
230325	 4 026813 000255	 4 026813 001313	91121	

brand

bio inside



quality

100% bio, Reg (EC) No 834/2007, EU organic logo, EU agriculture / Non EU agriculture

control Authority

NL-BIO-01 | SKAL

Origin

Netherlands (NL)

Origin of the raw materials

Netherlands, China, People's Republic

Country of final processing

Netherlands

Country of packing

Netherlands

Ingredients

SOYBEANS*

allergenic ingredients: Soybeans and soyproducts

*= ingredients from organic farming

Marketing text

bio inside offers a wide range of products comprising fresh basic, tasty and varied vegetables and fruit that you can use to make creatively delicious meals for an active way of life.

Usage instructions

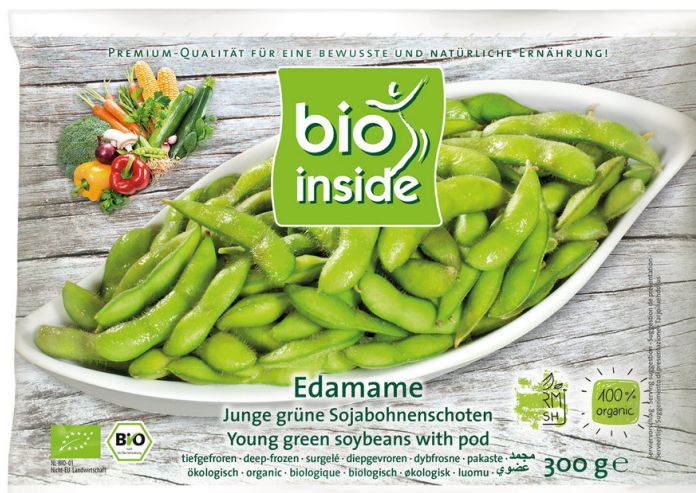
Edamame is a tasty appetiser, commonly eaten salted. The beans are popped out with fingers to eat.

Preparation instructions

In the saucepan, not covered: Place the frozen soybeans in a pan with boiling water, add some salt and boil for 3-4 minutes, according to taste. Rinse with cold water and drain. Season to taste.

In the frying pan or wok: Fry from frozen (with the pod intact) in a frying pan or wok for some minutes with some vegetable oil. Season with lime and salt.

The pods are not for eating, only the beans inside!





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Manufacturing

Coming directly from the field, bio inside products are immediately deep-frozen to preserve all their important vitamins and flavours.

Consumer storage instructions

Store at -18°C. Once defrosted do not refreeze.

allergy notes

contains: Soybeans and soyproducts, Vegetables / Legumes

other allergy and dietary notes

vegan ✓ vegetarian ✓



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category-specific information

Legal product category..... food
 Sweetener..... not sweetened
 Preparation type..... Cooking pot

Quality

Organic product..... yes
 Official organic labels..... EU organic logo
 Organic certification body..... NL-BIO-01

Further legal information

Additives, declaration obligatory..... Contains no declaration obligatory additives

Compulsory label information

Compulsory additive label information..... Legal demands: The product meets the requirements of EC Directives and the following. Fully accepted organic product according to EC Regulation 834/2007 and 889/2008. GMO: The products do not contain genetically modified raw materials or genetically modified organisms since it is processed corresponding to Council Regulation (EC) No 834/2007 and Commission Regulation (EC) No 889/2008. Unintentional genetic modifications that enter the food in traces during cultivation, production, placing on the market or handling are not taken into account. Therefore it is not mandatory to label the products according the Council Regulation (EC) No 1829/2003 and (EC) No 1830/2003.

Legal information

Regulated product name..... Young green soybeans with pod
 Adress of distributor..... Demeter-Felderzeugnisse GmbH, Neue Bergstraße 13, D-64665 Alsbach

nutritional values & analytical results per 100 g

Energy in kJ / 100 g or 100 ml..... 461 kJ / 110 kcal kJ
 Fat..... 4,7 g
 of which saturates..... 2,2 g
 Carbohydrates..... 8,6 g
 of which sugars..... 2,5 g
 Fibre..... 4,8 g
 Protein..... 10,3 g
 Salt..... 0,01 g
 determining the nutritional values by..... calculation



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information on consumer unit

Packaging material..... PE/LD
 Description of packaging unit for consumer..... Bag

aroma, consistency

Taste..... typical for the product
 Odour..... fresh
 Consistency..... typical for the product