



# Edamame shelled - Mukimame, 300g

*young, green soybeans shelled*



article number	barcode (item)	barcode (packaging)	eco-ID	
230326	 4 026813 000279	 4 026813 001337	95160	

## Brand

bio inside



## Quality

EU organic logo, EU agriculture

## Control Authority

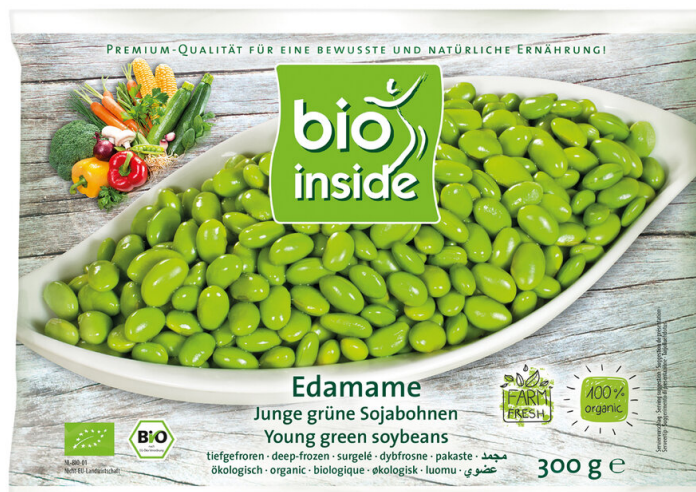
NL-BIO-01 | SKAL

## Origin

Netherlands (NL)

## Origin of the raw materials

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.

## 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 (or steam), according to taste. Drain and season to taste.

In the frying pan or wok: fry from frozen in a frying pan or wok for some minutes with a little vegetable oil. Season with lime and salt.

## Manufacturing

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

## Consumer storage instructions supplement

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

## allergy notes

**contained:** Soybeans and soyproducts

## other allergy and dietary notes

vegan ✓ vegetarian ✓



# Edamame shelled - Mukimame, 300g

*young, green soybeans shelled*



article number	barcode (item)	barcode (packaging)	eco-ID	
230326	 4 026813 000279	 4 026813 001337	95160	

## category-specific information

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

## Quality

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

## 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 applicable EU Organic Regulation. GMO: The products do not contain genetically modified raw materials or genetically modified organisms since it is processed according to applicable EU Organic Regulation. 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 to the Council Regulation (EC) No 1829/2003 and (EC) No 1830/2003.

## Legal information

Legal designation of the product..... Young, green soybeans, deep-frozen  
Address 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  
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  
Determining the nutritional values by..... calculation  
Salt..... 0,01 g

## information on consumer unit

Sales designation of piece..... bag  
Packaging material..... LDPE

## aroma, consistency

Taste..... typical  
Odour..... fresh  
Consistency..... typical