



Edamame shelled - Mukimame, 300g

young, green soybeans shelled



article number 230333	barcode (item)  4 026813 000538	barcode (packaging)  4 026813 001610	eco-ID 281985	
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Brand

bio inside



Quality

EU organic logo, Non EU agriculture

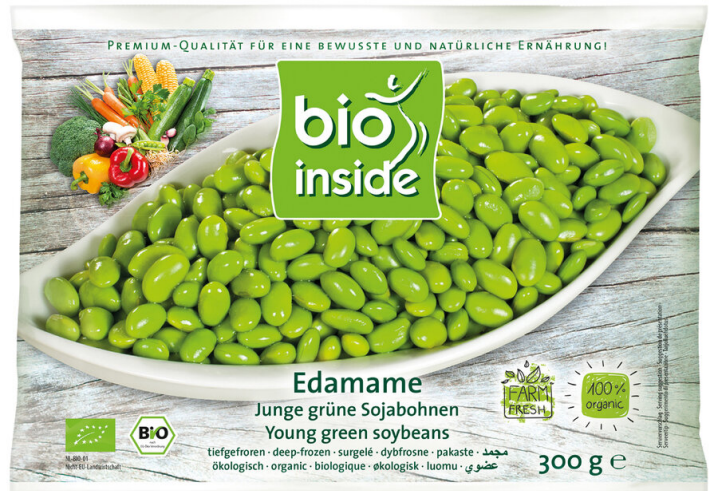
Marketing text

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

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.



Consumer storage instructions supplement

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

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 immediatly deep-frozen to preserve all their important vitamins and flavours.

Origin

Netherlands (NL)

Origin of the raw materials

China, People's Republic

Country of packing

Netherlands

Ingredients

SOYbeans*

allergenic ingredients: Soybeans and soyproducts

*= ingredients from organic farming



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allergy notes

contained: Soybeans and soyproducts

other allergy and dietary notes

vegan ✓ vegetarian ✓

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 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 g
 Determining the nutritional values by..... calculation
 Salt..... 0,01 g



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information on consumer unit

Sales designation of piece..... bag

Packaging material..... LDPE

aroma, consistency

Taste..... typical

Odour..... fresh

Consistency..... typical