



Mitica

# 45005 - Fried Fava Beans

These ready to eat fried fava beans are crispy, crunchy and addictive; they are a fantastic alternative to nuts and a suitable snack for just about any time. Pair with a cold beer, add to your favorite snack mix, or use as a topping for salads or dips like hummus for added texture and crunch.



## Nutrition Facts

Servings per Container **4**  
Serving size **30.0g (30g)**

Amount per serving  
**Calories 150**

% Daily Value\*

<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 0g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 26mg	<b>2%</b>
Iron 0.4mg	<b>2%</b>
Potassium 190mg	<b>4%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### \* Benefits

There is no need for peeling when you've got these ready to eat fried fava beans from Valencia, Spain. Crispy, crunchy, perfectly seasoned, and addictive, they are a fantastic alternative to nuts and a suitable snack for just about any time. Unconventional and irresistible. Pair with a cold beer, add to your favorite snack mix, or use as a topping for salads or dips like hummus for added texture and crunch.

### Ingredients

Fava Beans, Sunflower Oil, Salt.

### ⚠ Allergens

#### Free From:



### Handling Suggestions

Store in a cool, dry place. Keep tightly sealed.

### Serving Suggestions

Pair with a cold beer, add to your favorite snack mix, or use as a topping for salads or dips like hummus for added texture and crunch.

### Prep & Cooking Suggestions

ready to eat

### 📄 Product Specifications

Brand	Manufacturer	Product Category
Mitica	Forever Cheese	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	ES186	45005	08413895004343		1/7.16 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
8lb	7.16lb	Spain	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12in	11in	9in	0.69ft3	16x11	238days	60°F / 77°F



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## Nutrition Analysis - By Measure

Calories	150	Total Fat	7g	Sodium	270mg
Protein	8	Trans Fats		Calcium	26mg
Total Carbohydrates...	14g	Saturated Fat	3.5g	Iron	0.4mg
Sugars	0g	Added Sugars	0g	Potassium	190mg
Dietary Fiber	4g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

## Additional Images

