



Fresh Pack

87908 - Yellow Gigandes Lupin Beans

Gigandes, or Yellow Lupin Beans come packed in sunflower oil. Yummy & Crunchy. These delicious beans are best paired with nuts and salami. These veggies are usually consumed as snack but are an excellent addition to salads



Nutrition Facts

Servings per Container 2
Serving size 8tbsps (100g)

Amount per serving
Calories 400

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0.6g	3%
Trans Fat	
Cholesterol 0mg	0%
Sodium 880mg	38%
Total Carbohydrate 0g	0%
Dietary Fiber 10g	36%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

* 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

Gigandes, or Yellow Lupin Beans come packed in sunflower oil. Lupin beans are the pale yellow seeds of the lupinus plant. These domesticated plants can be traced back to ancient times. This bean is rich in protein and a good source of fiber, the perfect addition to healthy salads or as an accompaniment to an antipasti platter as they complement marinated olives very well. Yummy & Crunchy. These delicious beans are best paired with nuts and salami. These veggies are usually consumed as snack but are an excellent addition to salads.

Ingredients

green olives (83%), sunflower seeds oil and salt.

⚠ Allergens

Free From:



Handling Suggestions

Refrigerate

Serving Suggestions

These veggies are usually consumed as snack but it can be also greatly dress salads.

Prep & Cooking Suggestions

Just easy-open the cup and enjoy.

📄 Product Specifications

Brand	Manufacturer	Product Category
Fresh Pack	Fresh Pack	Beans, Canned, Ref, Frozen

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
820581879082	OFLUCO170	87908	18205818790825		12/6 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
5.32lb	4.52lb	Italy	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.35in	4.53in	7.09in	0.29ft3	25x10	160days	35°F / 37°F



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Nutrition Analysis - By Measure

Calories	400	Total Fat	3.5g	Sodium	880mg
Protein	11	Trans Fats		Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	0.6g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	10g	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-12	
Monosodium		Sulphites		Nitrates	

Additional Images

