



SPROUTED BLACK BEAN

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UNIT SIZES: 2.5 kg, 5kg, 10kg, 25kg COOK TIME: 40 minutes

INGREDIENTS

Beans grown in Canada

COOKING INSTRUCTIONS

In a medium pot combine 1 cup beans and 2 cups of water. Bring to a boil. Reduce heat to low simmer, COVER and cook for 40 minutes. Remove from heat and let stand for 5 minutes. Add more water if needed to reach desired texture.

* Substitute water for broth/stock for enhanced flavour.



Nutrition Facts

Valeur nutritive

Serving Size 1/4 cup dry (35 g)

Portion 1/4 tasse sec (35 g)

	% Daily Value*
	% valeur quotidienne*
Calories 130	
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0.1 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 23 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 0 mg	
Sodium 2 mg	1 %
Potassium 500 mg	11 %
Calcium 50 mg	4 %
Iron / Fer 2.5 mg	14 %

* 5% or less is a little, 15% or more is a lot

* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

PRODUCT HIGHLIGHTS

Sprouting can make protein more digestible, improve absorption of minerals like zinc and iron, and may increase helpful phytochemicals in beans.

