

87908 - Yellow Gigandes Lupin Beans



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...



MARKETING

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

2 Servings per container	
Serving Size	8 tablespoons
Amount Per Serving	
Calories	400
% Daily Value*	
Total Fat 3.5 g	4%
Saturated Fat 0.6 g	3%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 880 mg	82%
Total Carbohydrates 0 g	0%
Dietary Fiber 10 g	36%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 11 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 0 mg	0%
Potassium 0 mg	0%

* The % Daily Values (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.

PRODUCT SPECIFICATIONS

Code	GTIN	Pack Description				
OFLUCO170	18205818790825	12/6 OZ				
Brand	Brand Owner	GPC Description				
Fresh Pack	Fresh Pack	Vegetables - Prepared/Processed (Perishable)				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
5.32 LBR	4.52 LBR	No	Italy	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.354 INH	4.528 INH	7.087 INH	0.29 FTQ	25x10	194 Days	35 FAH / 37.5 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

HANDLING SUGGESTIONS

Refrigerate ---UNIT UPC: 820581879082---

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - MC
- Eggs - N
- Soybean - N
- Wheat - N
- Sesame - N
- Molluscs - N
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - N
- Crustaceans - N

INGREDIENTS

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

Fresh Pack

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PREPARATION & COOKING SUGGESTIONS

Just easy-open the cup and enjoy.

SERVING SUGGESTIONS

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

MORE INFORMATION