

P U L S E S

BEANS

The bean (*Phaseolus vulgaris*) is a dwarf or creeping plant in the Family Leguminous, of subtropical origin, suitable for warm temperate climates. Its fruit contains the seeds, which are the edible part of the plant.

There is a huge variety of beans on the market, it's worth mentioning: Borlotti di Vigevano, Cannellini, Valsesia, Metis, Quarantino, the King of the Belgians.

Beans are high in Vitamins, salts minerals and cellulose, but also in proteins.

Proteins in beans represent an excellent food alternative to proteins of animal origin.

Finally, beans are high in amino acids while cereals are deficient in them: this is why it might be desirable to incorporate beans into cereals, in soups or other kinds of preparations.

CHICKPEAS

Chickpeas are pulses which belong to the Family Papilionaceae. They are very high in nutrients such as calcium, potassium, phosphorus, protein, iron, sodium and magnesium. They are also high in fibre.

Fibres are essential in order to control the intestinal transit, lower cholesterol and slow the absorption of sugar.

Chickpeas contain a high percentage of linoleic acid, which makes them a good source of essential fats.

They are very high in amide and they provide remarkable quantities of mineral salts, fibre, Vitamins A and C, as well as saponins, which are substances that help the body to lower cholesterol in the intestine.

LENTILS

The lentil is a plant species belonging to the genus Lentil.

It is known as "the poor man's meat".

Lentils are considered pulses of high nutritional value, thanks to their remarkable protein content (they contain more than any other legume). They are high in potassium, phosphorus, iron, fibre and some B-group Vitamins.

The Lentil esculenta is undoubtedly the most well-known, and the source of the seeds that we find on our tables.

Lentil cultivation takes place in spring, while they are harvested over the months of June and July.

Lentils are planted in early spring and harvested in late summer.

The plants are dried in the sun; a few days later, they are threshed, and seeds are selected. Italian varieties are very popular: among the most famous, it's worth mentioning the lentils of Castelluccio di Norcia (PDO), lentils green from Altamura, lentils from Fucino and those of Mormanno. In Italy, they are cultivated especially in Abruzzo, Latium and Umbria.

ADVICE FROM THE CHEF:

According to the Mediterranean Diet Pyramid adults must consume pulses twice a day week.

With our product, it will be easy to prepare salads, minestrone, or even creams like hummus.

Enjoy your meal!





Specification / Pulses

| Nutritional Values for 100 g of dried chickpeas (boiled) | |
|---|------------------------|
| CALORIES | 120 kcal 504 kJoule |
| Edible part | 100% |
| Water | 63.6 g |
| Carbohydrates | 18.9 g |
| Fat | 2.4 g |
| Protein | 7.0 g |
| Fiber | 5.8 g |

| Nutritional facts - 100 g dried borlotti beans (boiled) | |
|--|-----------------------|
| CALORIES | 93 kcal 388 kJoule |
| Edible part | 100% |
| Water | 70.0 g |
| Carbohydrates | 16.4 g |
| Fat | 0.7 g |
| Protein | 9.01 g |
| Fiber | 6.9 g |

| Nutritional facts - 100 g dried cannellini beans (boiled) | |
|--|-----------------------|
| CALORIES | 91 kcal 380 kJoule |
| Edible part | 100% |
| Water | 70.0 g |
| Carbohydrates | 14.9 g |
| Fat | 0.62 g |
| Protein | 8.23 g |
| Fiber | 7.8 g |

| Nutritional Values for 100 g of dried lentils (boiled) | |
|---|-----------------------|
| CALORIES | 92 kcal 386 kJoule |
| Edible part | 100% |
| Water | 69.7 g |
| Carbohydrates | 16.3 g |
| Fat | 0.4 g |
| Protein | 6.9 g |
| Fiber | 8.3 g |

Facts established on the basis of data on the nutritional composition of foods taken from:

- Tables of chemical composition and energy value of food from the National Nutrition Institute, Rome;
- food composition tables from The German Research Institute on bromatological studies, Garching-Monaco in Bavaria.

| | |
|-----------------------------|---|
| INGREDIENTS | MAP chickpeas: dried chickpeas, water, no flavorings. MAP borlotti beans: dried borlotti beans, water, no flavoring. MAP cannellini beans: dried cannellini beans, water, no flavoring. MAP lentils: dried lentils, water, no flavorings. |
| ORGANOLEPTIC PROPERTIES | Colour: characteristic. Smell: characteristic. Consistency: compact texture. Flavour: comparable to fresh. |
| SHELF LIFE | Pulses au naturel in MAP packaging: product edible for up to 30 days. (expiration date printed on package) |
| PRODUCTION PROCESS | V range specialty food. Healthy, dry seed uniform in size. The exclusive preparation and cooking process allows the preservation of the organoleptic and nutritional properties. Pulses are processed under the most hygienic-sanitary conditions according to the principles described in the HACCP plan applied to the production plant. Ifs Food standards are applied during the production process. |
| STORAGE | The product should be stored cold, between 0/+4°C. The product should be entirely consumed after opening. It is recommended to keep the product cold during the entire storage process. |
| PREPARATION | As is: upon opening the package, season as desired. This product is ready to be heated in a pot for 8 minutes or in a pressure cooker for 4 minutes (serves 2-3 people). |
| ORIGIN OF MAIN INGREDIENT | Italy and/or another EC country. |
| OTHER VEGETABLE MATERIAL | ≤ 1% |
| ALLERGENS | The product does not contain allergens and is compliant with Reg. (EU) 1169/2011 as amended. Any cross-contamination is mentioned on the label. |
| PACKAGING | Au naturel product: TRANSPARENT COPOLYMER POLYPROPYLENE AND ANTI-FOG PLASTIC WRAP MAP product: PP-EVOH-PP TRANSPARENT BARRIER PACKAGE AND ANTI-FOG PLASTIC WRAP Declaration of compliance for food contact materials: Italian Ministerial Decree 21/3/1973 as amended; Italian Legislative Decree 152/2006 - Article 226(4); Italian Legislative Decree No. 29 of 10 February 2017; Regulation (EU) 1935/2004 as amended; Directive 2007/19/EC as amended; Regulation (EU) 10/2011 as amended; Regulation (EU) 2015/174, amending and correcting Regulation (EU) 10/2011. |
| MICROBIOLOGICAL INFORMATION | Listeria monocytogenes UFC/25g: Absent in accordance with REGULATION (EC) No. 2073/2005 as amended. |