

ORGANIC FAVA BEANS R1400

Description: Fava beans (*vicia faba*) are large dried beans. This is an organic product.

Physical Properties

Appearance	Typical greenish brown to brown colored.	
Size	Approximately 3/4 to 1 1/4 in length, flat, oval.	
Extraneous material	Maximum: 0.5 %	Method: Per 100g sample

Organoleptic Properties

Flavor	Bitter, earthy.
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Microbiological Properties

Standard Plate Count	Maximum: 500,000 cfu/g	Method: FDA BAM or AOAC equivalent
Coliform	Maximum: 2,500 cfu/g	Method: FDA BAM or AOAC equivalent
Yeast	Maximum: 5,000 cfu/g	Method: FDA BAM or AOAC equivalent
Mold	Maximum: 5,000 cfu/g	Method: FDA BAM or AOAC equivalent
E. Coli	<10 MPN/g	Method: FDA BAM or AOAC equivalent
Salmonella	NEG/25g	Method: FDA BAM or AOAC equivalent

Packaging, Labeling, Storage

Packaging	Bag in Box, Food Grade Paper Bag, or to Customer Specification
Receiving Conditions	Product should be shipped and handled in a sanitary manner.
Storage Conditions	Store in a dry, cool place.
Shelf Life	36 months (under optimum storage conditions).

Other

Gluten Status	This product (and if applicable its ingredients) by nature does not contain the gluten proteins found in wheat, rye or barley. This product has not been tested to verify gluten levels less than 20 ppm.
Natural Status	This product is a 100% pure, natural substance. It does not contain any artificial, synthetic or natural identical additives.
BE Status	This product does not contain bioengineered ingredients.
Vegan Status	This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char.

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Halal Status

This product does not contain alcohol, natural L-cysteine extracted from hair or feathers, animal fats and/or extracts, bloods of any origin, blood plasma, pork and/or other meat by-products & alcohol is not used as a processing aid.

SDS Waiver

To the best of our knowledge this product is non-hazardous and not subject to the requirements of 29 CFR 1910.1200. Although this product does not require specific hazard precautions, users should take care to minimize personnel exposure and workplace contamination.

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ALLERGEN STATEMENT

"Q #1: Does the item above contain any of the following allergens or their derivatives?"		"Q #2: Is the item above produced on equipment that comes in contact with any of the following allergens?"		"Q #3: Is the item above produced in a facility that uses or processes these allergens?"		ALLERGENS
YES	NO	YES	NO	YES	NO	
	X	X		X		MILK
	X	X		X		EGGS
	X	X		X		SOYBEANS
	X	X		X		WHEAT
	X		X		X	PEANUTS
	X	X		X		TREE NUTS
	X		X		X	FISH
	X		X		X	CRUSTACEAN SHELLFISH
	X	X		X		SESAME
	X	X		X		MUSTARD
	X	X		X		ADDED SULFITES

Equipment is cleaned and sanitized between production runs to prevent allergens from contaminating non-allergenic products.



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Ingredient Statement

Organic fava beans

Product Certifications

Certified Kosher Parve

Certified Organic

Proximate Analysis

Protein	26.12	g
Carbohydrate	58.29	g
Moisture	10.98	g
Ash	3.08	g
Fat	1.53	g

Nutritional Analysis

Serving Size	100.00	g
Calories	341.00	
Total Fat	1.53	g
Saturated Fat	0.25	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	13.00	mg
Total Carbohydrates	58.29	g
Dietary Fiber	25.00	g
Sugars	5.70	g
Protein	26.12	g
Vitamin A	53.00	IU
Vitamin C	1.40	mg
Calcium	103.00	mg
Iron	6.70	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	1,062.00	mg



STORE IN A DRY, COOL PLACE.

Nutrition Facts

servings per container	
Serving size 1/4 cup (35g)	
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 20 g	7%
Dietary Fiber 9 g	32%
Total Sugars 2 g	
Includes 0 g Added Sugars	0%
Protein 9 g	
Vitamin D 0.0 mcg	0%
Calcium 36.1 mg	2%
Iron 2.3 mg	15%
Potassium 371.7 mg	8%

* 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.

ORGANIC FAVA BEANS

Organic Fava Beans, also known as "broad beans," are flat, green, oval beans that grow in large, inedible pods, with a translucent covering that should be removed before use. Dried, they are greenish-brown and have a meaty, starchy texture and a bold, earthy flavor.

- About 3/4 to 1-1/4 inches long
- High in protein and fiber, as well as vitamin A, vitamin C, potassium and iron
- Fava Beans should be peeled before use
- Certified organic to the specifications of the USDA National Organic Program

BASIC PREP

Carefully sort beans and rinse thoroughly. Soak beans overnight, then squeeze each bean to remove the outer skin. Rinse and place in a large pot and cover with fresh water. Bring to a boil for 3 minutes, reduce heat and simmer until tender, about 2 hours. This bean produces foam, so skim the water regularly while cooking.

SUGGESTED USES

- Versatile Organic Fava Beans can be stewed, boiled, pureed, sautéed or roasted, and the dried beans can be ground into a flour
- Often pureed with olive oil and served with bitter greens in the Southern Italian region of Puglia
- Mash cooked, peeled Organic Fava Beans with garlic, cumin, olive oil and lemon juice

RECIPE

Ful Medames

- 2 pounds dried Organic Fava Beans, soaked overnight and peeled
- 1/4 cup fresh lemon juice
- 1/4 cup olive oil, plus more to garnish
- 2 teaspoons ground cumin
- 4 cloves garlic, peeled and mashed into a paste
- Salt
- Ground black pepper
- 2 hard-boiled eggs, each cut into 6 wedges
- 2 tablespoons finely chopped parsley

Place beans in a large saucepan, and cover with water. Bring to a boil, reduce heat to medium-low and simmer until beans are tender, about 2 hours. Skim water while cooking. Drain.

Transfer cooked beans to a bowl. Add lemon juice, oil, cumin, garlic and salt and black pepper to taste. Stir, lightly mashing and breaking up beans.

Transfer to a serving bowl or platter, and garnish with egg wedges and parsley. Drizzle with additional olive oil.

Makes 2 to 4 servings

Although eaten throughout the Middle East, Ful Medames (sometimes simply called "ful" or "foul," depending on the region) is most closely associated with Egypt, where it is widely known as the national dish. While the flavors will most likely strike American palates as too assertive for breakfast, that is in fact the meal at which ful is most often eaten in the Middle East. Not quite ready to swap your pancakes for ful? Serve it with warm pita as a snack or spread on a veggie sandwich as an alternative to hummus.

INGREDIENTS

Organic Fava Beans



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COUNTRY OF ORIGIN DECLARATION

THIS PRODUCT ORIGINATES FROM UNITED STATES