



LUPINI BEANS XL FBR

Description: Popular in the Mediterranean region of Europe, Lupini beans are the 'sweet' strain that requires soaking and extended cooking to remove the alkaloids. The lupini beans are one of the highest in protein content, second only to soy beans.

Physical Properties

Appearance	Tan flat bean	
Size	Approximately 1/2" in length, flat.	
Extraneous material	Maximum: 0.5 %	Method: Per 100g sample

Organoleptic Properties

Flavor	Typical of beans, sweet.
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Microbiological Properties

Standard Plate Count	Maximum: 500,000 cfu/g	Method: FDA BAM or AOAC equivalent
Coliform	Maximum: 250 MPN/g	Method: FDA BAM or AOAC equivalent
Yeast	Maximum: 1000 cfu/g	Method: FDA BAM or AOAC equivalent
Mold	Maximum: 1000 cfu/g	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 genetically engineered ingredients.
Vegan Status	This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char.
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

Lupini beans.

Product Certifications

Certified Kosher Parve

Proximate Analysis

Protein	36.17	g
Carbohydrate	40.37	g
Moisture	10.44	g
Ash	3.28	g
Fat	9.74	g

Nutritional Analysis

Serving Size	100.00	g
Calories	371.00	
Total Fat	9.74	g
Saturated Fat	1.16	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	15.00	mg
Total Carbohydrates	40.37	g
Dietary Fiber	18.90	g
Sugars	0.00	g
Protein	36.17	g
Vitamin A	0.00	IU
Vitamin C	4.80	mg
Calcium	176.00	mg
Iron	4.36	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	1,013.00	mg



STORE IN A DRY, COOL PLACE.

LUPINI BEANS XL

Extra Large Lupini Beans have a sweet flavor and firm texture, making them extremely versatile and hearty.

- Off-white to tan
- Approximately 1/2" in length, flat

Nutrition Facts	
servings per container	
Serving size 1/4 cup (35g)	
Amount per serving	
Calories 130	
% Daily Value*	
Total Fat 3.5 g	4%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Total Carbohydrate 14 g	5%
Dietary Fiber 7 g	25%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 13 g	
Vitamin D 0.0 mcg	0%
Calcium 61.6 mg	4%
Iron 1.5 mg	8%
Potassium 354.6 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.

BASIC PREP

Sort carefully and rinse thoroughly. Soak overnight in water that has 1 tablespoon of salt for every quart. Rinse and place in a large pot, covered with fresh water. Bring water to a boil for 3 minutes, reduce heat, cover and simmer until skins are smooth, about 3 hours. If bitter, soak in salted water (the same ratio, changed daily) until desired flavor is

RECIPE

Brined Lupini Beans

1 pound dried Lupini Beans, picked over
Water
Salt
Olive oil
Ground black pepper

Place Lupini Beans in a large bowl, and add enough water to cover. Soak overnight; drain and rinse. Add enough fresh water to cover by several inches. Bring to a boil, then reduce heat to medium-low and simmer for 1 hour. Drain, rinse well and place in a large jar filled with salted water (about 1 tablespoon per quart of water). Refrigerate. Repeat the process of rinsing and changing the brining liquid for at least 7 days, and up to 2 weeks, or until brine no longer tastes bitter after soaking overnight. To serve, drain beans, drizzle with olive oil and season with ground black pepper.

Makes 12+ servings

This favorite Mediterranean bar snack is ultra-simple to prepare. The only limiting factor is time, as the beans must be soaked and the brining liquid changed for many days in a row, in order to remove their toxic alkalinity. Once they're ready, though, they are a unique salty snack that is perfect with a cold beer. To eat them, bite a hole in the rubbery skin, and squeeze the bottom of the skin to pop the bean into your mouth.

INGREDIENTS

Lupini Beans.



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COUNTRY OF ORIGIN DECLARATION

THIS PRODUCT ORIGINATES FROM CHILE