

Organic Adzuki Beans (R1006)

Description: The Organic Adzuki Bean (*Vigna angularis*) is a small, bold red member of the legume family, offering nutrient density, mildly sweet flavor and creamy texture. This product is certified organic.

Physical Properties

Appearance	Reddish brown with a thin cream or white line down the side.	
Size	Approximately 1/4" of an inch in length, small, oval.	
Extraneous material	Maximum: 0.5 %	Method: Per 100g sample

Organoleptic Properties

Flavor	Nutty.
--------	--------

Microbiological Properties

Standard Plate Count	Maximum: 100,000 cfu/g	Method: FDA BAM or AOAC equivalent
Coliform	Maximum: 500 cfu/g	Method: FDA BAM or AOAC equivalent
Yeast	Maximum: 1,000 cfu/g	Method: FDA BAM or AOAC equivalent
Mold	Maximum: 1,000 cfu/g	Method: FDA BAM or AOAC equivalent
E. Coli	<10 cfu/g or <3 MPN/g	Method: FDA BAM or AOAC equivalent
Salmonella	NEG/25g	Method: FDA BAM or AOAC equivalent

Packaging, Labeling, Storage

Packaging	Bag in a box
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

Organic Adzuki Beans (R1006)

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.

Organic Adzuki Beans (R1006)

"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.

Organic Adzuki Beans (R1006)

Ingredient Statement

Organic Adzuki Beans

Product Certifications

Certified Kosher Parve

Certified Organic

Proximate Analysis

Protein	19.87	g
Carbohydrate	62.90	g
Moisture	13.44	g
Ash	3.26	g
Fat	0.53	g

Nutritional Analysis

Serving Size	100.00	g
Calories	329.00	
Total Fat	0.53	g
Saturated Fat	0.00	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	5.00	mg
Total Carbohydrates	62.90	g
Dietary Fiber	12.70	g
Sugars	0.00	g
Protein	19.87	g
Vitamin A	17.00	IU
Vitamin C	0.00	mg
Calcium	66.00	mg
Iron	4.98	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	1,254.00	mg



STORE IN A DRY, COOL PLACE.

ORGANIC ADZUKI BEANS

The Organic Adzuki Bean is a small, bold red member of the legume family, offering nutrient density, mildly sweet flavor and a creamy texture.

- Approximately 1/4-inch in length
- Reddish brown with a thin white line down one side, turns pink when cooked
- Oval shape
- Certified organic to the specifications of the USDA National Organic Program

Nutrition Facts

servings per container	
Serving size about 1/4 cup (35g)	
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 22 g	8%
Dietary Fiber 4 g	14%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 7 g	
Vitamin D 0.0 mcg	0%
Calcium 23.1 mg	0%
Iron 1.7 mg	10%
Potassium 438.9 mg	10%

* 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

Carefully sort beans and rinse thoroughly. Soak overnight. Rinse and place in a large pot. Cover with fresh water. Bring water to a boil for 3 minutes. Reduce heat and simmer, covered, for 60 to 90 minutes or until tender. This bean produces foam when boiling, so skim the water regularly.

SUGGESTED USES

- Steam with rice to create a gorgeous festival rice
- Simmer with lentils and vegetables for a hearty stew
- Add to vegetarian entrées for a protein boost

RECIPE

Adzuki Beans with Fruit and Ice Cream

- 3 cups cooked and drained Organic Adzuki Beans, cooking liquid reserved
- 1 cup dried apples
- 1/2 cup raisins
- 1/4 cup honey
- 1/2 teaspoon ground cinnamon
- 1/2 lemon, juiced
- 6 cups vanilla ice cream

Place beans in a large saucepan and set aside. In a separate bowl, combine fruit and 1-1/2 cups bean cooking liquid and let stand for 15 minutes. Add fruit, cinnamon and honey to beans and simmer until reduced by one-third. Stir in lemon juice and spoon over vanilla ice cream.

Makes 6 servings

While it may seem odd to feature beans in a dessert, in many East Asian cultures, the adzuki bean is used extensively in desserts and sweet drinks. It is usually sweetened with sugar or honey and mashed into a paste that is used inside cakes and steamed buns. This aromatic recipe pairs the sweetened bean with rehydrated dried fruit and cinnamon, making it more approachable for first-time bean dessert eaters.

INGREDIENTS

Organic Adzuki Beans



OliveNation LLC

13 Robbie Road, Suite A4, Avon, MA 02322

www.OliveNation.com / 617-580-3667

Organic Adzuki Beans
(R1006)

THIS PRODUCT ORIGINATES FROM CHINA