Zuppa al Saraceno

Mix of cereal grains, vegetables and pulses for Organic and naturally gluten free soups



Zuppa al Saraceno soup combines the fibre of Brown Rice, the energy of Buckwheat, the sweet fresh taste of Green Adzuki beans, the strength of White Beans and the creaminess of Red Lentils in a tasty main dish full of wellness.

Nutritional properties:

Zuppa al Saraceno soup has a high fibre content, iron for the normal formation of red cells and immune system functions, magnesium for the reduction of fatigue, vitamin B1 for the normal functioning of the nervous system, and is a source of protein. It is low in sugar, in sodium, to help maintain normal blood pressure, in fat and saturated fat to help maintain normal cholesterol levels in the blood.

- rich in vitamin B1
- rich in fibre
- source of protein and complex carbohydrates
- low in sugar for long lasting energy

Senza Uova

Senza Latte

Senza Amido di Frumento

Ingredient
brown rice*, green azuki beans*, decorticated red lentils*, decorticated buckwheat* 10%, pre-cooked white beans*. *= organic ingredient

Characteristics	Value per 100 g
Energy kj	1413
Energy kcal	334
Fat	1,3
- of which — Saturated Fat	0,9
Carbohydrate	55,6
- of which — Sugars	3,3
Fibre	12,7
Protein	18,7
Salt	0,2