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Five Bean Mix Adzuki, Lentils, Red & Green, Mung and Soybeans - 1 lb



Note: We recommend adding 1/4 teaspoon NOW Citric acid powder (#7320) to each rinse cycle as a preservative against spoilage. Sprouting at temperatures above 80 deg. F. and humidity of 70% may be impossible. NOW sprouting seeds are tested and stored to sprout properly under normal conditions.

PRODUCT #: 7225
UPC: 733739072252
SRP: $3.69
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Nutrition Info

Servings Per Container: 9

	Amount Per Serving	% Daily Value
Calories	180	
Calories from fat	25	
Total fat	2.5 g	4%
Saturated Fat	0.5 g	3%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	27 g	9%
Dietary Fiber	6 g	24%
Sugars	0 g	
Protein	14 g	
Vitamin A		0%
Vitamin C		0%
Calcium		6%
Iron		25%
Magnesium		20%
Zinc		15%

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

Details

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Serving Size: 1/4 cup (50g) dry

Servings per container: 9

Suggested Use: Place two tablespoons seeds in a sprouting jar with three times as much water as seeds. Soak overnight. Rinse seeds and drain twice daily, stored in low humidity without direct sunlight. About the fourth day place rinsed sprout jar in indirect sunlight to develop green-chlorophyll leaves. For cooking, soak up to 12 hours, then rinse and add fresh water. Cook for 2 hours, adding any ingredients such as pasta and spices.

Other Ingredients: Adzuki Beans,Red Lentils,Green Lentils,Mung Beans,Soybeans

Warnings: None

Disclaimers: Our Five Bean Mix is certified organic by Quality Assurance International.

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