



Organic Double Steamed Pulses



GROWN USING
NATURAL AND
EARTH-FRIENDLY
METHODS



HIGH
FIBER



SOURCE OF
PROTEIN



PRESERVATIVE
FREE



VEGAN
FRIENDLY



GLUTEN
FREE



READY TO EAT

www.augaorganics.com



ORGANIC • VEGAN • NO BRINE • SHELF-STABLE • AVAILABLE IN PRIVATE LABEL

AUGA organic double steamed pulses are without brine. That is why they can be consumed immediately without any drain or wash. These pulses are perfect for salads, soups or as a side dish. Double steamed pulses are now even more sustainable because the product requires less packaging and is lighter for transportation which reduces carbon footprint.



Ingredients: black beans*
97%, water, sea salt 0,8%.
* ORGANIC PRODUCTS

100 G NUTRITION FACTS	
Energy	590 kJ / 140 kcal
Fat	0,6 g
Saturates	0,2 g
Carbohydrate	21,0 g
Sugar	0,9 g
Fiber	6,7 g
Protein	9,5 g
Salt	0,80 g

Net Weight: 150 g



Ingredients: red kidney beans* 97 %, water, sea salt 0,8 %.
* ORGANIC PRODUCTS

100 G NUTRITION FACTS	
Energy	544 kJ / 129 kcal
Fat	0,4 g
Saturates	0,1 g
Carbohydrate	19,0 g
Sugar	0,9 g
Fiber	6,2 g
Protein	9,2 g
Salt	0,8 g

Net Weight: 150 g



Ingredients: chickpeas*
97 %, water, sea salt 0,8 %.
* ORGANIC PRODUCTS

100 G NUTRITION FACTS	
Energy	666 kJ / 158 kcal
Fat	2,8 g
Saturates	0,3 g
Carbohydrate	20,0 g
Sugar	5,0 g
Fiber	8,1 g
Protein	9,0 g
Salt	0,81 g

Net Weight: 150 g



Ingredients: brown lentils* 99,2 %, sea salt 0,8 %.
* ORGANIC PRODUCTS

100 G NUTRITION FACTS	
Energy	745 kJ / 176 kcal
Fat	0,6 g
Saturates	0,1 g
Carbohydrate	28,0 g
Sugar	0,6 g
Fiber	4,5 g
Protein	13,0 g
Salt	0,8 g

Net Weight: 150 g