

HABAS (PEELED FAVA) FBP

Description: The habas bean is a peeled fava.

Physical Properties

Appearance	Light yellow cream.
Size	Approx. 3/4" to 1.25" in length.

Organoleptic Properties

Flavor	Typical of habas, bitter, earthy
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Microbiological Properties

Standard Plate Count	Maximum: 500000 cfu/g	Method: FDA BAM or AOAC equivalent
Coliform	Maximum: 250 cfu/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 bioengineered 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.



OliveNation LLC
 13 Robbie Road, Suite A4, Avon, MA 02322
www.OliveNation.com / 617-580-3667

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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

Peeled fava beans.

Product Certifications

Certified Kosher Parve

Proximate Analysis

Protein	26.12	g
Carbohydrate	58.29	g
Moisture	10.98	g
Ash	3.08	g
Fat	1.53	g

Nutritional Analysis

Serving Size	100.00	g
Calories	341.00	
Total Fat	1.53	g
Saturated Fat	0.25	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	13.00	mg
Total Carbohydrates	58.29	g
Dietary Fiber	25.00	g
Sugars	5.70	g
Protein	26.12	g
Vitamin A	53.00	IU
Vitamin C	1.40	mg
Calcium	103.00	mg
Iron	6.70	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	1 062 00	mg



STORE IN A DRY, COOL PLACE.

HABAS (PEELED FAVA)

Peeled Fava Beans, called Habas, have a creamy pale yellow color, bold, earthy flavor and granular texture. These Habas are split.

- A staple of the Eastern Mediterranean diet, and part of ethnic cuisines the world over
- High in protein and fiber, as well as vitamin A, vitamin C, potassium and iron

Nutrition Facts

servings per container	
Serving size 1/4 cup (35g)	
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 20 g	7%
Dietary Fiber 9 g	32%
Total Sugars 2 g	
Includes 0 g Added Sugars	0%
Protein 9 g	
Vitamin D 0.0 mcg	0%
Calcium 36.1 mg	2%
Iron 2.3 mg	15%
Potassium 371.7 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

Carefully sort beans and rinse thoroughly. Soak 1 cup of beans in water 4 to 6 hours or overnight. Drain. Place in a pot and add water to cover by 2 inches. Bring to a boil, then reduce heat to a simmer. Cook 40-45 minutes.

SUGGESTED USES

- Versatile Habas can be stewed, boiled, pureed, sautéed or roasted, and the dried beans can be ground into a flour
- Often pureed with olive oil and served with bitter greens in the Southern Italian region of Puglia
- Mash cooked Habas with garlic, cumin, olive oil and lemon juice to make "ful," the national dish of Egypt
- Split Habas can be roasted, spiced

RECIPE

Habas con Jamon

- 1 tablespoon butter
- 1 cup chopped sweet onion
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 cup chopped Serrano ham
- 1 tablespoon minced garlic
- 1/2 cup white wine
- 2 cups cooked Split Habas (Peeled Fava Beans)
- 1 cup chicken broth
- 1/4 cup chopped fresh cilantro
- Crusty bread, for serving

Heat butter in a large saucepan and sweat onions with salt and pepper until translucent, about 4 minutes. Add ham and garlic and sauté for an additional 3 minutes.

Deglaze pan with white wine and reduce liquid by half.

Add cooked Split Habas and chicken broth, then cook until liquid is thickened and habas is tender, about 10 minutes.

Serve tapas-style and garnish with chopped cilantro and slices of crusty bread.

Makes 4 to 8 small-plate servings

Habas con Jamon is a common dish in Granada, Spain. Although typically made with fresh fava beans, this simple dish is just as delicious prepared with dried habas. If Serrano ham is unavailable, use prosciutto or country ham.

INGREDIENTS

Peeled Fava Beans.



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COUNTRY OF ORIGIN DECLARATION

THIS PRODUCT ORIGINATES FROM PERU