

ORGANIC FLAGEOLET BEANS R1123

Description: Flageolet beans are immature kidney beans that have been removed from the pod while very young. Flageolet beans have a light fresh taste, delicate texture and tender skin.

Physical Properties

Appearance	Pale, pastel green
Size	Approximately 1/2 Inch (kidney shaped).

Organoleptic Properties

Flavor	Typical of beans.
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Microbiological Properties

Standard Plate Count	Maximum: 500,000 cfu/g	Method: FDA BAM or AOAC equivalent
Coliform	Maximum: 250 MPN/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 genetically engineered 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.



OliveNation LLC

13 Robbie Road, Suite A4, Avon, MA 02322

www.OliveNation.com / 617-580-3667

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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.

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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

Organic Flageolet beans.

Product Certifications

Certified Kosher Parve

Certified Organic

Proximate Analysis

Protein	23.58	g
Carbohydrate	60.01	g
Moisture	11.75	g
Ash	3.83	g
Fat	0.83	g

Nutritional Analysis

Serving Size	100.00	g
Calories	333.00	
Total Fat	0.83	g
Saturated Fat	0.12	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	24.00	mg
Total Carbohydrates	60.01	g
Dietary Fiber	24.90	g
Sugars	2.23	g
Protein	23.58	g
Vitamin A	0.00	IU
Vitamin C	4.50	mg
Calcium	143.00	mg
Iron	8.20	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	1,406.00	mg



STORE IN A DRY, COOL PLACE.

ORGANIC FLAGEOLET BEANS

Flageolet Beans are small, immature kidney beans that are white to very light green in color. Mainly cultivated in France, these coveted beans are very tender and mild, with a delicate, creamy texture. They are known as the "caviar" of the bean world.

- Especially good for salads and purees
- Traditionally served with lamb
- Tend to remain whole, even under long cooking

Nutrition Facts

servings per container	
Serving size about 1/4 cup (35g)	
Amount per serving	120
Calories	
	% Daily Value*
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total Carbohydrate 21 g	8%
Dietary Fiber 9 g	32%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 8 g	
Vitamin D 0.0 mcg	0%
Calcium 50.1 mg	4%
Iron 2.9 mg	15%
Potassium 492.1 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 in cold water. Place beans in a pot and cover with water by 2 inches. Bring to a boil, then reduce heat and simmer for 30 minutes, or until tender. Drain.

SUGGESTED USES

- Common substitute for the more traditional Tarbais beans in the classic French country dish cassoulet, where they are stewed and baked with lamb, tomatoes, garlic and often sausage
- Flageolet Beans' light, versatile flavor especially compliments lamb, but is also great with fish and chicken
- Stew Flageolets in stock with bacon, garlic,

RECIPE

Lamb Haricots

1 pound Flageolet Beans, picked over and rinsed
 3 tablespoons extra-virgin olive
 1 lamb leg
 1-1/2 teaspoons salt, divided, plus more
 3/4 teaspoon ground white pepper, divided, plus more
 6 cloves garlic, peeled and split
 2 stalks celery, cut into 1-inch pieces
 1 onion, peeled and cut into large dice
 1 carrot, peeled and cut into 1-inch pieces
 1 bulb fennel, trimmed and quartered, and 1 branch of fronds reserved
 1 tablespoon tomato paste
 2 cups diced, canned tomatoes
 2 cups red wine
 Herb sachet (10 sprigs fresh parsley, 6 sprigs fresh thyme, 2 sprigs fresh rosemary, 2 bay leaves, reserved branch fennel and 10 black peppercorns, tied in cheesecloth)
 8 cups chicken stock

Place beans in a large pot and cover with about three times their volume of water. Soak overnight. Drain. Preheat oven to 325°F, and arrange a rack in center of oven. Warm oil in a large skillet over medium heat. Season lamb with 1 teaspoon salt and 1/2 teaspoon white pepper. Brown lamb well on all sides. Transfer to a large Dutch oven. Pour off fat from skillet leaving only 2 to 3 tablespoons in the pan. Add garlic, celery, onion, carrot and fennel. Season with 1/2 teaspoon salt and 1/4 teaspoon white pepper, and cook, stirring frequently, until vegetables are softened, about 10 minutes. Add tomato paste and tomatoes. Cook 5 minutes, stirring occasionally. Add wine; simmer 5 minutes until liquid is reduced by half. Transfer vegetable mixture to Dutch oven with lamb. Add beans, herb sachet and stock. Bring to a simmer over medium heat, and cover. Transfer to oven, and cook, undisturbed, for 3 hours. Meat should be fork-tender. Separate meat from leg bone and cut or pull into chunks. If mixture seems dry, stir in up to 1 cup water and cook 10 minutes longer. Discard herb sachet, and taste for seasoning. Add salt and pepper, if necessary. Serve.

Makes 6 servings

This quintessential Provençal spring casserole is the perfect dish to serve at Easter, Passover or a spring dinner party. The delicate Flageolet Beans soak up the flavors of the lamb, garlic, mirepoix and fennel, along with white wine and tomatoes, and the lamb

INGREDIENTS

Flageolet Beans.



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COUNTRY OF ORIGIN DECLARATION

THIS PRODUCT ORIGINATES FROM UNITED STATES