

## ORIGINS



 **ROAST LEVEL:** Medium / Full City

## **Nutritional Facts**

Average values - Per 100g

Energy	339 kcal / 1.399 kJ
Fat	11.6 g
of which saturates	5.00 g
Carbohydrate	15.4 g
of which Sugar	< 0.5 g
Fiber	52.1 g
Protein	17.1 g
Salt	< 0.02 g

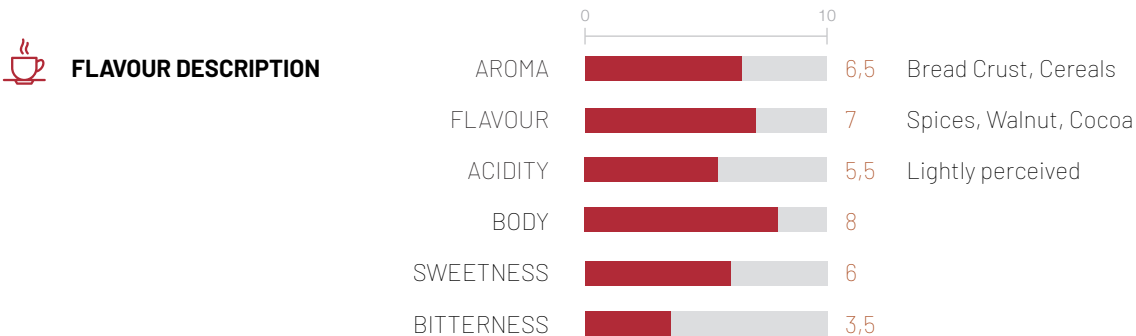
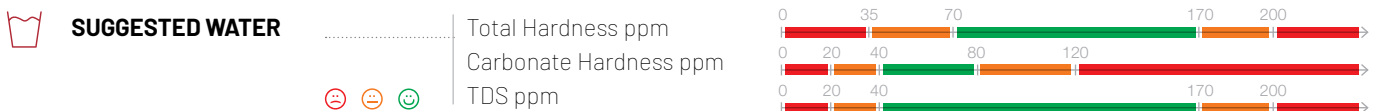
## SUGGESTED RECIPE

 **ESPRESSO BREWING TEMPERATURE:** 88 - 92°C


 **MINIMUM DOSAGE PER DOUBLE SHOT:** 15 g

 **EXTRACTION TIME:** 18 - 25 sec

 **LIQUID IN CUPS:** 2 x 16-20 grams / ca 2 x 20-25 ml



 **STORAGE:** Room temperature; in a dry and cool place

 **EXPIRING DATE**

- 24 month
- Once opened: 36 hours (suggested)
- Once ground: 2 hours (suggested)