

ORIGINS



 **ROAST LEVEL:** Medium / Full City

Nutritional Facts

Average values - Per 100g

Energy	335 kcal / 1.384 kJ
Fat	11.2 g
of which saturates	4.78 g
Carbohydrate	15.9 g
of which Sugar	< 0.5 g
Fiber	49 g
Protein	18.1 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



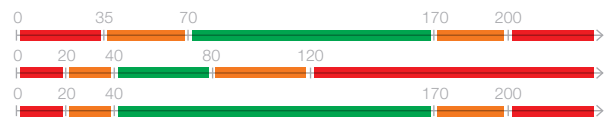
LIQUID IN CUPS: 2 x 16-20 grams / ca 2 x 20-25 ml



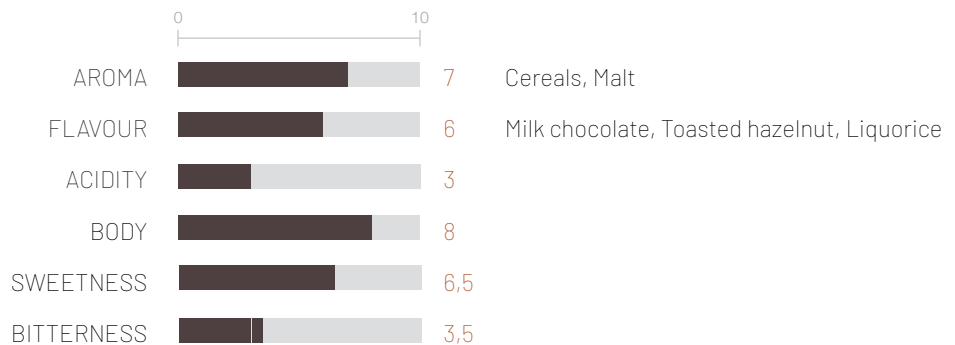
SUGGESTED WATER

☹️ 😐 😊

Total Hardness ppm
Carbonate Hardness ppm
TDS ppm



FLAVOUR DESCRIPTION



STORAGE: Room temperature; in a dry and cool place



EXPIRING DATE

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