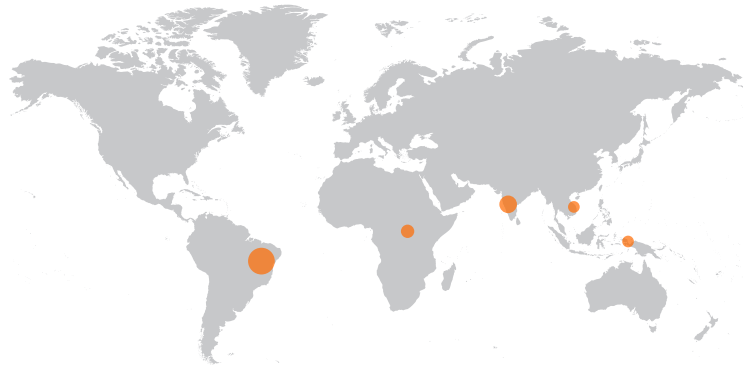


ORIGINS



 **ROAST LEVEL:** Medium / Full City



Nutritional Facts

Average values - Per 100g

Energy	334 kcal / 1.383 kJ
Fat	9.8 g
of which saturates	4.24 g
Carbohydrate	18.4 g
of which Sugar	< 0.5 g
Fiber	52.1 g
Protein	17.1 g
Salt	< 0.02 g



SUGGESTED RECIPE



ESPRESSO BREWING TEMPERATURE: 89 - 92°C



MINIMUM DOSAGE PER DOUBLE SHOT: 14 g



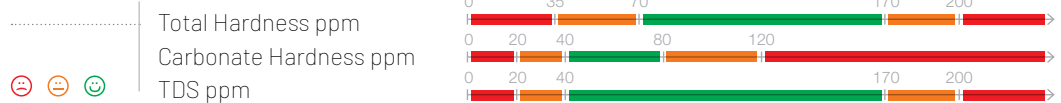
EXTRACTION TIME: 21 - 26 sec



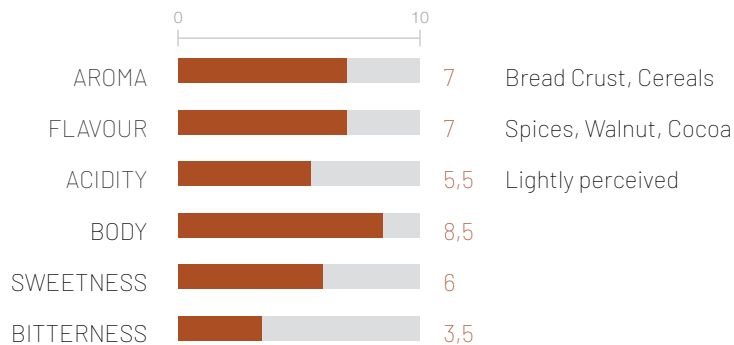
LIQUID IN CUPS: 2 x 16-20 grams / ca 2 x 20-25 ml



SUGGESTED WATER



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)