

Organic Mung Bean



The mung bean (*Vigna radiata*), alternatively known as the moong bean, green gram, or mung Sanskrit mudga, is a plant species in the legume family. The mung bean is mainly cultivated in India, China, and Southeast Asia. It is used as an ingredient in both savory and sweet dishes. Mung Beans are a wonderful source of protein and are a high-energy food source. Mung beans are known to be a great source of Vitamin A, as well as a variety of rare B Vitamins like B1, B2, B3, B6, and B12. The raw organic mung bean sprout is low glycemic, making it an ideal supplement for diabetics.

Packing



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