

## Cannellini Tuscan Beans



The cannellini beans are the classic legume used in the Tuscan Cuisine. They are characterized by a delicate flavor and a floury heart, they combine with other ingredients with a simple taste and are appreciated for their versatility of use: boiled, in salads, sautéed in a pan or passed to obtain a delicate puree. They enrich the taste of traditional dishes but also vegan or vegetarian recipes. Cannellini Beans, like other legumes, have vegetable origin and are rich in fibers and proteins. Since they do not contain fat, they contribute considerably to the prevention of cardiovascular disease and obesity. They are very nutritious and rich in vitamins A, B, C, and E and also contain minerals and salts such as potassium, iron, calcium, zinc and phosphorus.