



BIES®
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Products catalog





Advantages of our Products

The benefits of fermented (cultured) foods have been known in Poland for centuries - the tradition of fermenting is long. Nowadays, apart from the taste qualities of such treats, their numerous health benefits are also appreciated.

- fermented foods are real „vitamin bombs” - the process of fermentation produces vitamins from B group that are essential in the metabolism of fat acids, proteins and carbohydrates. In addition, fermented food products contain antioxidants - A, C, E (youth vitamins), vitamin PP and K;
- fermented food products are a source of healthy minerals – calcium, magnesium, potassium and iron - which are necessary for proper functioning of the body;
- the process of fermentation produces lactic acid that supports metabolism and helps to remove toxins from the body, thus improving intestinal health;
- fermented food products contain natural probiotics - they protect against excessive development of putrefactive bacteria and help reduce inflammation;
- regular consumption of fermented food can lower the level of LDL ‘bad’ cholesterol and may also control blood pressure;
- fermented food treats are low in calories, and thanks to the high fibre content they provide a feeling of satiety - for this reason they can be a real support in a weight loss diet – dietary fibre also prevents constipation;
- eating fermented food may also be helpful in food intolerances (especially in lactose intolerance);
- fermented food products are recommended for pregnant women - thanks to the consumption of such products it is possible to positively influence child’s immunity;
- fermented cruciferous vegetables contain anti-cancer compounds - it is worth including white sauerkraut and fermented cabbage juice into your diet;
- addition of fermented food products to a healthy diet can have a positive effect on mental health – fermented food is used in the prevention of depression, but also in treatment of reduced concentration or fatigue;

In addition to health benefits, fermented food products should also be added to your diet when you want to look healthy. In addition to the removal of toxins from the body, fermented food treats can also have a beneficial effect on the skin, hair and nails.

Sauerkraut



Net weight:

650 g

Drained weight:

450 g

Ingredients: sauerkraut (74%), natural juice of sauerkraut (21,5%), apple (2%), salt, horseradish (1%), preservative E202.

Best before: date on the weld. The expiry date is simultaneously a batch number.

Store in temperature from 0° to +18° C

Nutritional value	Per 100 g of product	% RDI* per 100 g
Energy	120 kJ/31 kcal	1,5 %
Fat including saturated fatty acids	0,2 g 0,0 g	0% 0%
Carbohydrates including sugars	7,0 g 3,8 g	2,7 % 4,2 %
Protein	1,4 g	2,8%
Salt	0,2 g	3,3 %

* RDI – Reference Daily Intake for an average adult (8400 kJ/ 2000 kcal)

Sauerkraut with mushrooms



Net weight:

650 g

Drained weight:

450 g

Ingredients: sauerkraut class 1 (69,2%), natural juice of sauerkraut (24,8%), mushrooms (3%), carrot (2 %), salt, preservative E202.

Best before: date on the weld. The expiry date is simultaneously a batch number.

Store in temperature from 0° to +18° C

Nutritional value	Per 100 g of product
Energy	50 kJ/12 kcal
Fat including saturated fatty acids	0,2 g 0,1 g
Carbohydrates including sugars	3,4 g 0,3 g
Protein	1,1 g
Salt	0,55 g

Sauerkraut



Net weight:

600 g

Drained weight:

450 g

Ingredients: white cabbage (96%), carrots, salt, preservative – potassium sorbate E202.

Best before: date on the weld. The expiry date is simultaneously a batch number.

Store in temperature from 0° to +18° C

Nutritional value	Per 100 g of product
Energy	50 kJ/12 kcal
Fat including saturated fatty acids	0,2 g 0,1 g
Carbohydrates including sugars	3,4 g 0,3 g
Protein	1,1 g
Salt	0,55 g

Sauerkraut (PET jar)



UNPASTEURISED PRODUCT

Net weight:

1000 g

Drained weight:

800 g

Ingredients: white cabbage (96%), carrots, salt, preservative – potassium sorbate E202.

Best before: date on the weld. The expiry date is simultaneously a batch number.

Store in temperature from 0° to +18° C

Nutritional value	Per 100 g of product
Energy	50 kJ/12 kcal
Fat including saturated fatty acids	0,2 g 0,1 g
Carbohydrates including sugars	3,4 g 0,3 g
Protein	1,1 g
Salt	0,55 g

Sauerkraut



Net weight:

1,1 kg

Drained weight:

800 g

Ingredients: white cabbage (96%), carrots, salt, preservative – potassium sorbate E202.

Best before: date on the weld. The expiry date is simultaneously a batch number.

Store in temperature from 0° to +18° C

Nutritional value	Per 100 g of product
Energy	50 kJ/12 kcal
Fat including saturated fatty acids	0,2 g 0,1 g
Carbohydrates including sugars	3,4 g 0,3 g
Protein	1,1 g
Salt	0,55 g

Sauerkraut



Drained weight:

5 kg

Ingredients: white cabbage (96%), carrots, salt, preservative – potassium sorbate E202.

Best before: date on the weld. The expiry date is simultaneously a batch number.

Store in temperature from 0° to +18° C

Nutritional value	Per 100 g of product
Energy	50 kJ/12 kcal
Fat including saturated fatty acids	0,2 g 0,1 g
Carbohydrates including sugars	3,4 g 0,3 g
Protein	1,1 g
Salt	0,55 g

Cucumbers in brine - no preservatives



Net weight:

650 g

Drained weight:

450 g

Ingredients: cucumbers (69,2%), brine (30,8%) (water, garlic, fennel, bay leaf, allspice, salt, horseradish).

Best before: date on the weld. The expiry date is simultaneously a batch number.

Store in temperature from 0° to +18° C



Nutritional value	Per 100 g of product
Energy	45 kJ/11 kcal
Fat including saturated fatty acids	0,2 g 0,1 g
Carbohydrates including sugars	1,9 g 0,7 g
Protein	0,6 g
Salt	2,0 g

Grated cucumbers in brine - no preservatives



Net weight:

300 g

Ingredients: grated cucumbers.

Best before: date on the weld. The expiry date is simultaneously a batch number.

Store in temperature from 0° to +18° C



Nutritional value	Per 100 g of product
Energy	45 kJ/11 kcal
Fat including saturated fatty acids	0,2 g 0,1 g
Carbohydrates including sugars	1,9 g 0,7 g
Protein	0,6 g
Salt	2,0 g

Cucumbers in brine (PET jar) - no preservatives



UNPASTEURISED PRODUCT

Net weight:

1000 g

Drained weight:

600 g

Ingredients: cucumbers in brine (69,2%), pickled water (30,8%) (water, garlic, fennel, bay leaf, allspice, salt, horseradish).

Best before: date on the weld. The expiry date is simultaneously a batch number.

Store in temperature from 0° to +18° C

Nutritional value	Per 100 g of product
Energy	45 kJ/11 kcal
Fat including saturated fatty acids	0,2 g 0,1 g
Carbohydrates including sugars	1,9 g 0,7 g
Protein	0,6 g
Salt	2,0 g

Cucumbers in brine - no preservatives



Net weight:

1000 g

Drained weight:

600 g

Ingredients: cucumbers in brine (69,2%), pickled water (30,8%) (water, garlic, fennel, bay leaf, allspice, salt, horseradish).

Best before: date on the weld. The expiry date is simultaneously a batch number.

Store in temperature from 0° to +18° C

Nutritional value	Per 100 g of product
Energy	45 kJ/11 kcal
Fat including saturated fatty acids	0,2 g 0,1 g
Carbohydrates including sugars	1,9 g 0,7 g
Protein	0,6 g
Salt	2,0 g

Cucumbers in brine - no preservatives



Drained weight:

3 kg

Ingredients: cucumbers in brine, spices, pickled water.

Best before: date on the weld. The expiry date is simultaneously a batch number.

Store in temperature from 0° to +18° C

Nutritional value	Per 100 g of product
Energy	45 kJ/11 kcal
Fat including saturated fatty acids	0,2 g 0,1 g
Carbohydrates including sugars	1,9 g 0,7 g
Protein	0,6 g
Salt	2,0 g

Cucumbers in brine - no preservatives



Net content:

650 g

Drained weight:

450 g

Ingredients: cucumbers (69,2%), brine (30,8%) (water, garlic, fennel, bay leaf, allspice, salt, horseradish).

Best before: date on the weld. The expiry date is simultaneously a batch number.

Store in temperature from 0° to +18° C



Nutritional value	Per 100 g of product
Energy	45 kJ/11 kcal
Fat including saturated fatty acids	0,2 g 0,1 g
Carbohydrates including sugars	1,9 g 0,7 g
Protein	0,6 g
Salt	1,0 g

Sauerkraut juice



Packaging capacity:

500 ml

Ingredients: sauerkraut juice.

Best before: date on the weld. The expiry date is simultaneously a batch number.

Store in temperature from 0° to +18° C

Nutritional value	Per 100 g of product
Energy	50 kJ/ 12 kcal
Fat including saturated fatty acids	0,2 g 0,1 g
Carbohydrates including sugars	3,4 g 0,3 g
Protein	1,1 g
Salt	0,55 g

Country sour soup. Without preservatives



Packaging capacity:

500 ml

Net content:

490 ml

Ingredients: water, rye flour, garlic, bread sourdough.

Best before: date on the weld. The expiry date is simultaneously a batch number.

Store in temperature from 0° to +18° C

Nutritional value	Per 100 g of product
Energy	39 kcal
Fat including saturated fatty acids	0,3 g 0,1 g
Carbohydrates including sugars	6 g 0,2 g
Protein	1,5 g
Salt	0,0045 g

Preparation method:

Pour the contents into two liters of smoked broth bottles and cook for about 5 minutes.

To flavor: Fried mushrooms, onions, pepper, salt.

White Borscht. No preservatives



Packaging capacity:

500 ml

Net content:

490 ml

Ingredients: water, wheat flour, rye flour, garlic, sourdough.

Best before: date on the weld. The expiry date is simultaneously a batch number.

Store in temperature from 0° to +18° C

Nutritional value	Per 100 g of product
Energy	334kJ/79 kcal
Fat including saturated fatty acids	0,4 g 0,1 g
Carbohydrates including sugars	16,0 g 0,4 g
Protein	1,7 g
Salt	0,0 g

Preparation method:

Pour the contents of the bottle into 2 litres of meat and vegetable stock. Boil for about 5 minutes. Season to taste. You can serve it with eggs, sausage or potatoes. Store in a dry and shaded place.

Pickled Red Borscht. No preservatives



Packaging capacity:

500 ml

Net content:

495 ml

Ingredients: water, red beets, celery, garlic, sugar, salt, allspice, bay leaf.

Best before: date on the weld. The expiry date is simultaneously a batch number.

Store in temperature from 0° to +18° C

Nutritional value	Per 100 g of product
Energy	32 kcal
Fat including saturated fatty acids	0 g 0 g
Carbohydrates including sugars	7 g 7 g
Protein	0,7 g
Salt	0,5 g

Preparation method:

Pour the contents of the bottle into the prepared vegetable stock or the meat and vegetable stock. Do not boil! Season to taste. For consumption also raw. Store in a dry and shaded place.

The role and occurrence of E202 in food

Potassium sorbate is added to many groups of food products. It can also be found in beauty products and medications. It is an organic compound classified as fatty acid. The main function of E202 is to protect against the growth of mildew, yeast and fungus.

Potassium sorbate plays a special role in fermented food (both in case of industrial and natural/spontaneous fermentation processes). It is used to stop fermentation process – that is why the fermented food bags (or other containers) do not bloat up. Sorbate does not affect the taste of products.

Potassium salt of sorbic acid can also be found in natural environment, i.e. in rowan fruits that can be used for various types of preparations.

E202 can be found in many food products that, without it, would otherwise be exposed to premature fermentation or get spoiled. These include:

- bread and confectionery, frozen cakes;
- chocolate products;
- ready-made fruit and vegetable jams and preserves;
- vegetable preserves;
- candied fruit;
- soy milk and soybean products;
- ready-made toppings, salad dressings;
- yogurts, cheese, probiotic drinks;
- cheese pastes and other delicatessen products;
- gels, jellies;
- non-alcoholic beverages, also carbonated;
- oils and margarine;

Potassium sorbate is also used as an ingredient in fish preservation methods - drying or smoking. It is also added to meat before heat treatment.

No side effects to health

Potassium sorbate has practically no side effects as long as recommended daily intakes are met. The acceptable daily intake of potassium sorbate is 25 mg per kg of body weight. Considering that the content of this compound in food is not high - the consumption of fermented cucumbers, sauerkraut, as well as beetroot juice or cabbage is absolutely safe.

Can E202 be harmful? Studies have shown that it is one of the safest preservatives. Products containing this additive can be consumed by babies and pregnant women. Potassium sorbate does not accumulate in the human body, it is broken down and transformed into energy (like any fatty acid). Possible side effects may be experienced by allergy sufferers.





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