



Vegan Chickpea Mix

Brand: Jens & Marie

Item: Vegan Chickpea Mix

Manufacturer Item#: HMIX15

Case Pack: 3 / 5 lbs. Packages

Description: This is the perfect starter kit for veggie burger soups, stews or an innovative side dish. Chickpea, zucchini, cilantro, oats and sriracha. All ready for the creative chef.

Allergens: None

FOB Shipping Point: Parsippany, NJ

LxWxH: 14"x6"x10"

Case Cube: 0.556

Gross Weight: 16 lbs.

Net Weight: 15 lbs.

Temp Zone: 0 degrees F

Ti/Hi: 12x9

Shelf Life: 12 months

Nutrition Facts	
80 servings per container	
Serving size	3 ounces (85g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 6g	7%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 36g	13%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 15mg	0%
Iron 2mg	15%
Potassium 674mg	15%

* The % Daily Values (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients

Chickpeas, Oats, Zucchini, Onion, Olive Oil, Sea Salt, Cilantro, Sriracha Sauce (Chili, Sugar, Garlic, Salt, Water, Acetic Acid, Lactic Acid, Xanthan Gum, Citric Acid, Potassium Sorbate, Ascorbic Acid), Red Wine Vinegar, Methylcellulose, Garlic Puree (Garlic, Water), Spices.

ALLERGENS: None

Cooking Instructions

Product should always be cooked to minimum internal temperature of 165° F.

Keep Frozen

Note: Not Ready to Eat, requires cooking to a minimum internal temperature of 165°F.

Nutritional Values are calculated from USDA Nutrient Database, supplier information, and/or analysis.