

ITEM #:24725

BLOUNT SIDES

Case UPC: 00077958247252
Item UPC: N/A



[FROZEN]

Organic Spiced Lentil & Chickpeas

Chickpeas and hearty lentils simmered in a flavorful vegetable stock with tomatoes, carrots, onions and spices.

**VEGETARIAN - VEGAN - GLUTEN FREE
- DAIRY FREE - LOW FAT - GOOD
SOURCE OF FIBER - ORGANIC - HALAL**

Nutrition Facts

Serving size 4oz (113g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 540mg	23%
Total Carbohydrate 18g	7%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 1g Added Sugars	2%

Protein 5g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.8mg	10%
Potassium 260mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Vegetable Stock* (Water, Vegetable Base* [Carrots*, Tomatoes*, Onions*, Potatoes*, Garlic*, Sea Salt, Dextrose*, Evaporated Cane Syrup*, Canola Oil*, Spices*, Turmeric*]), Chick Peas* (Chick Peas*, Water, Sea Salt), Lentils*, Tomatoes* (Crushed Tomatoes*, Tomato Puree*, Naturally Derived Citric Acid), Onions*, Carrots*, Contains 2% or less of: Garlic*, Cilantro*, Sugar*, Sea Salt, Canola Oil*, Corn Starch*, Ginger Root*, Turmeric* and Spices*.

*Organic Ingredient



Case Configuration:

Case Pack: 4/4lb bags
Net Weight: 16 lb
Gross Weight: 17.5 lb
Case Cube: 0.43

Pallet Information

HI/TL: 5/18
Cases per Pallet: 90

Dimensions

Length: 13.32"
Width: 7.82"
Height: 7.14"

Blount Fine Foods 630 Currant Road Fall River, MA 02720
Phone: (774) 888-1300 • www.blountfinefoods.com

