

**ITEM #:24725**  
**BLOUNT SIDES**

Case UPC: 00077958247252  
 Item UPC: N/A



**Organic Spiced Lentil & Chickpeas**

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

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

**Nutrition Facts**

Serving Size 4 oz (113g)

**Amount Per Serving**

**Calories** 100      Calories from Fat 15

**% Daily Value\***

**Total Fat** 1.5g      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 560mg      **23%**

**Total Carbohydrate** 17g      **6%**

Dietary Fiber 4g      **16%**

Sugars 3g

**Protein** 5g

Vitamin A 25%      •      Vitamin C 8%

Calcium 2%      •      Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet.

**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

