

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
- 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



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"

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