



Cooked Chickpeas with Vegetables and Kombu Algae BIO 540 g Ecosana

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Description

Cooked chickpeas with vegetables and kombu algae are ready to eat both hot and cold, leaving them in a pan over the fire for about 3-4 minutes or in the microwave for about 90 seconds.

It is advisable to take between 2 and 3 servings of legumes a week, making it an ideal option for a varied and balanced diet. Once the jar is opened, keep in the refrigerator.

Ingredients

Cooked chickpeas*, water, vegetables* (7%) (potato*, tomato*, carrot*, leeks*), kombu algae* (7%) and salt.

*From Organic Agriculture.

Directions

Store the product in a dry place (RH <65%) and at an optimum temperature of 25°C. Once opened, keep refrigerated in a non-metallic container and consume within 3 days.

Presentation

Contains 540 g as Net Weight.

Drained weight 400 g.

Warnings

May contain traces of **mollusks, crustaceans** and **fish**.

Nutrition Facts

Per 100 g

Energetic Value

295 kJ / 7,20 kcal

Fat	1,40 g
of which saturated	0,26 g
Carbohydrates	9,10 g
of which sugars	0,60 g
Fibre	3,60 g
Proteins	3,50 g
Salt	0,70 g

Allergen Information

Crustaceans, Molluscs, Fish,

Certifications

