Chick peas - Organic - precooked



Nutrition information (100g)

Energy 587kJ/139kcal

Fat 2.34g

Fat of which saturates 0.22g

Carbohydrate 21.48g

Carbohydrate of which sugars 1.13g

Fibre 4.63g

Protein 9.22g

Salt 0.013g

Preparation

Put the desired quantity of product in a microwave bowl, cover and cook, stirring well.

Heat 1 - 2 tablespoons vegetable oil in a frying pan. Put the desired quantity of product in the frying pan and cook at medium heat stirring well.

Place in boiling water and bring back to boil. For cooking time, follow the instructions on the packaging.

Logistical information (euro pallet)



10.0 kg
Item code: 10001562
Number and weight: 1x10.0 kg
Layer/cartons (subject to modification): 8x9
GTIN CU: 5411361081051
GTIN SU: 05411361081051
Packaging: carton
Languages:
NL;FR;DE;UK;ES;PT;IT;DK;SE;NO;FI;GR;CZ;SK;PL;HU;HR;SL;RO;BG;RU;EE;LV;LT

ardo
We preserve nature's gifts