



Chick peas



NUTRITION INFORMATION (100G)

Energy: 645kj/153kcal

Fat: 2.3g

Fat of which saturates: 0.2g

Carbohydrate : 22g

Carbohydrate of which sugars: 1.1g

Fibre: 4.6g

Protein: 9.2g

Salt: 0.04g

PREPARATION



Place the frozen vegetables in boiling water and bring back to the boil. Drain and season to taste.



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.

LOGISTICAL INFORMATION (EURO PALLET)

1000G

10KG



Item code:	100149810
Number and weight:	10x1000g
Layer/Cartons:	8x9c
GTIN CU:	5411361085615
GTIN SU:	05411361085622
JD Edwards:	26614
Packaging:	Polybag
Languages:	NL - FR - DE - EN - ES - IT - PT - DK - SE - NO - GR - AR - NL - FR - DE - EN - ES - IT - PT - DK - SE - NO - GR - AR

This product is available in piece picking (Excl. FR)



Item code:	100149910
Number and weight:	1x10kg
Layer/Cartons:	8x9c
GTIN CU:	5411361011010
GTIN SU:	05411361011010
JD Edwards:	20547
Packaging:	Carton
Languages:	NL - F - D - UK - E - P - IT - GR - DK - SE - NO - FI - CZ - SK - H - HR - SL - RU - PL - RO - EE - LT - LV - BG



This product is available in full pallet