

## KONTOS FOODS INC.

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## **Chickpeas in Brine**

Product code: 70210

Some people call them Garbanzo Beans, some people call them Chickpeas, we just call them delicious! A rich source of vitamins, minerals and fiber, Chickpeas are an excellent source of protein and offer an excellent replacement for meat in Vegetarian and Vegan diets. Make your own Hummus or add flavor and excitement to your everyday salad!

## Ingredients

Chickpeas, Water, Salt.

Pack: Foodservice

Case Pack: 6/70 oz. (2kg)

Height: 4.88

Length: 18.50

Pallet Case per: 77

Portion/Case: 27

Shelf Life Frozen: Not Recommended

UPC code: 0-32394-70210-9

Storage Temp: Ambient (75°F or below) Case Coding: Best Before Date EAN Code:

2-00-32394-70210-3

Ingredients: Chickpeas, Water, Salt.

Net Weight: 26.25 lbs.

Pallet Height: 11

Portion Size: 1 Cup (240g)

Shelf Life Refrigerated: 3 Days Once Opened

Width: 12.25

Caution: After opening keep refrigerated and consume within three days.

Case Cube:

Halal Certificate:

Kosher Certificate:

Pack Weight:

Pallet Tie: 7

3 Years

27.5 Lbs.

Ship Weight:

70 oz. (2 kg) 4 Lb.

Shelf Life Ambient:

0.64

No

No



## **Nutrition Facts**

Serving Size 1 Cup (240g) Servings Per Container 4.5

Calories 260	Calories from Fat 45
	% Daily Value*
Total Fat 5g	7.69%
Saturated Fat 0.5g	2.5%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 670mg	27.92%
Total Carbohydrate 45g	15%
Dietary Fiber 10g	40%
Sugars 2g	
Protein 10g	20%
Vitamin A	0%
Vitamin C	0%
Calcium	7%
Iron	17%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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