

THE CLEAN KILO

ZERO WASTE

SUPERMARKET



CHICKPEAS ORGANIC

£0.36/100G

ORIGIN: TURKEY

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 378

% Daily Value

Total Fat 6g 9 %

Saturated Fat 0.6g 3 %

Sodium 24mg 1 %

Total Carbohydrate 63g 21 %

Dietary Fiber 12g 48 %

Sugar 11g

Protein 20g 40 %

Vitamin A 1 % • Vitamin C 7 %

Calcium 6 % • Iron 24 %

Daily values are based on 2000 calorie diet.

Ingredients: Chickpeas

STORAGE: Cool, dry and hygienic, away from direct light and odours.

COOKING INSTRUCTIONS: Soak 8-12 hrs, cover in water and bring to a boil then simmer for 3 hours. Or pressure-cook 40 min.

SHELF LIFE: 24 months

NO ALLERGEN PRESENT IN THE PRODUCT ITSELF - please read below.

ALLERGEN STATEMENT Where products are indicated as not having an allergen present this refers to the product not being formulate or wholly derived from the particular ingredient. Allergen handling policies and procedures are in place through the supply chain to reduce the likelihood of cross contamination from allergens however this cannot be guaranteed.

ORGANIC CERTIFICATION: Essential Trading Co-operative limited are organically certified to EU Regulation 834/2007 by the Organic Farmers & Growers (GB-ORG-02) & the Biodynamic Association (Demeter) (GB-ORG-06).

Note: the information is considered to be true and correct at the date of publication, changes in circumstances (i.e change of supplier/price etc) after the time of publication may impact on the accuracy of the information. We will endeavour to update any changes as frequently as possible. Publication last updated 22.08.19.

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