



SAY GOURMET!

REAL FOOD ■ REAL FLAVOR ■ REAL FAST



GLUTEN FREE



PLANT BASED



NO PRESERVATIVES



NO COLORANTS



NO ARTIFICIAL FLAVORS

TEAR HERE

HOLD HERE  
TO TEAR OPEN  
ENJOY!

## Nutrition Facts

about 2 servings per container

Serving size

2/3 Cup (100g)

|                     | Per serving | Per container |
|---------------------|-------------|---------------|
| <b>Calories</b>     | <b>160</b>  | <b>320</b>    |
|                     | % DV*       | % DV*         |
| <b>Total Fat</b>    | 7g          | 14g           |
| Saturated Fat       | 1.5g        | 3g            |
| Trans Fat           | 0g          | 0g            |
| Cholesterol         | 0mg         | 0mg           |
| Sodium              | 450mg       | 900mg         |
| <b>Total Carbs.</b> | 14g         | 28g           |
| Dietary Fiber       | 8g          | 12g           |
| Total Sugars        | 0g          | 0g            |
| Incl. Added Sugars  | 0g          | 0g            |
| <b>Protein</b>      | 7g          | 14g           |
| Vitamin D           | 0mcg        | 0mcg          |
| Calcium             | 28.9mg      | 57.8mg        |
| Iron                | 1.86mg      | 3.72mg        |
| Potassium           | 33.9mg      | 67.8mg        |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Red kidney beans (26%), black eyed beans (20%), green lentils (13%), sweet corn (9%), jalapeño pepper (5%), capia pepper (4%), dried tomato (3%), vegetable oil (sunflower oil, olive oil), lemon juice, red pepper powder, salt, sumac, black pepper.

**Produced by:** Yayla Agro Gıda San. ve Tic. A.Ş.  
Yalınayak Mh. 102099 Sk. No: 1 Toroslar/Mersin, Türkiye  
33230

**Country of Origin:** TÜRKİYE

**Warning:** Don't consume swollen or leaking products.

**Storage:** Keep at room temperature (77°F | 25°C) away from sunlight. After opening, store in refrigerator (39°F | 4°C) and consume within 2 days.

LEGURME.COM

BEST USED BY (DAY-MO-YR)

READY TO EAT

**GENTLY SQUEEZE** pouch  
to separate contents.

**SERVE** at room temperature,  
Mediterranean-style!

ENJOY!

Bon  
AppetitADD YOUR  
TOUCH...Season with salt/pepper/  
spices to please your palate.

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LEGUMES

Red Kidney Beans

Black Eyed Beans

Green Lentils

Sweetcorn

BPA FREE POUCH

VEGAN



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