



SAY GOURMET!

REAL FOOD ■ REAL FLAVOR ■ REAL FAST

TEAR HERE ◆◆◆

Nutrition Facts

2.5 servings per container

Serving size

3/5 cup (100g)

	Per serving	% DV*	Per container	% DV*
Calories	170		425	
Total Fat	4.5g	6%	11.25g	14%
Saturated Fat	1.8g	9%	4.5g	23%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	500mg	22%	1250mg	54%
Total Carbs.	25g	9%	62.5g	23%
Dietary Fiber	2g	7%	5g	18%
Total Sugars	1g		2.5g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	5g		12.5g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	15.8mg	2%	39.5mg	4%
Iron	0.8mg	4%	2mg	10%
Potassium	14.6mg	0%	36.5mg	0%

*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: Water, bulgur (durum wheat) (30%), vegetable oil (sunflower oil, olive oil) (11%), green lentils (9%), salt, onion, garlic, black pepper.

Contains wheat.

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)

PLANT BASED

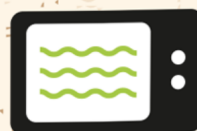
NO PRESERVATIVES

NO COLORANTS

NO ARTIFICIAL FLAVORS

HEAT AND EAT

FIRST, gently squeeze pouch to separate contents. **THEN**, tear pouch 2" to vent and heat on high for **60 SECONDS**.



NOTE: MICROWAVE TIMES MAY VARY.

OR



heat contents in saucepan for **3 MINUTES**.

OR



place unopened pouch in hot water for **5 MINUTES**.

ADD YOUR TOUCH...

Season with salt/pepper/spices to please your palate.

BPA FREE POUCH



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