

 Four Seasons Food	<h1>Rich Chana Masala</h1>	
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Information supplier

Name supplier	Four Seasons Food B.V.
Address	Mandenmaker 26 5253 RC Nieuwkuijk The Netherlands
Telephone number	0031 88 4200260
E-mail address	info@fourseasonsfood.nl

General product information

Product name	Rich Chana Masala
Legal description	Chana Masala spiced meal of vegetables, legumes and tomatoes.
EAN Code Pouch (CU)	
EAN Code Box (TU)	
Article code	EP01132
Ingredients:	vegetables (43%) (pea [13%], carrot [12%], red bell pepper [8%], onion [7%], concentrated tomato puree [3%]), lentils (20%), chickpeas (17%), water, coconut yoghurt (coconut milk, tapioca starch, yogurt culture), chicory fibre, spices, corn starch, natural vinegar, garlic, red pepper, lemon leaf, sea salt, lemon juice from concentrate, mushroom concentrate, ginger extract, salt, lemon fibre.
Amount of legumes	37% = 102 g / Serving (a 275 g)
Amount of vegetables	43% = 119 g / Serving (a 275 g)
We only use non-GMO ingredients.	

Cooking instruction

Microwave	Gently shake the pouch to mix. Tear 3 cm opening Microwave 2.5 min at 800W Decant into a bowl.
Hob	Decant contents into a pan. Stir gently while heating. (Do not boil)

Packaging and shelf life

Weight	275 g e
Primary packaging	
Secondary packaging	5 consumer units per box
Shelf life	minimum 9 months at delivery
Storage conditions	Room temperature (>0 °C)

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Nutritional value

Per	100 g	275 g Serving	
Energy	335	920	kJ
	80	220	kcal
Fat	1.4	3.9	g
of which saturated fat	0.9	2.5	g
Carbohydrate	10.7	29.4	g
of which sugar	2.6	7.2	g
of which added sugar	0	0	g
<i>Fibre</i>	<i>4.1</i>	<i>11.3</i>	<i>g</i>
Protein	4.1	11.3	g
Salt	0.27	0.74	g

Allergen information

Contains no allergens.

Allergen information*

	recipe without	recipe with	May obtain	Explanation
Gluten	X			
Wheat	X			
Rye	X			
Barley	X			
Oats	X			
Spelt	X			
Crustaceans	X			
Egg	X			
Fish	X			
Peanuts	X			
Soybeans	X			
Milk	X			
(Tree) Nuts	X			
Almond	X			
Hazelnut	X			
Walnuts	X			
Cashews	X			
Pecan nuts	X			
Pistachio nuts	X			
Macademia nuts	X			
Celery	X			
Mustard	X			
Sesame seed	X			
Sulphur dioxide and sulphites (E220-E228) more than 10 mg/kg or 10 mg/l (SO ₂)	X			
Lupin	X			
Molluscs	X			