

## Lentils & Red Kidney Beans

good to know

- ✓ Source of protein
- ✓ High in fibre

**Nutrition information:**

*Nutritionals per 100g (as sold)*

Energy kJ/kcal	490/117
Fat	3.4g
<i>of which saturates</i>	0.6g
Carbohydrate	12g
<i>of which sugars</i>	3.7g
Fibre	7.7g
Protein	5.7g
Salt	0.53g

For allergens see ingredients highlighted in **bold**. May also contain Soya and Mustard.

Say hello!



Merchant Gourmet,  
2 Rollins Street,  
London, SE15 1EW

250g e

Serves 2  
(125g per serving)



Appetite for change  
recycle scheme

Find out how to recycle  
this pouch on our website.



5 018095 011059 >



LEN039

PFCAJLE02



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CMYK



3278C



White

SPOT

- Cutter Guide

Client : MERCHANT GOURMET

Date: 08/04/21

File Name: MG CAJUN 250G 2021

Artworker: Lee Brooklyn

Account Manager: Michaela

Print Process: Gravure

Substrate: Plastic

Finish: Matt

.....

MERCHANT  
GOURMET

## Plant-based Simplicity

**Spicy**

**CAJUN-STYLE**

**Lentils & Red Kidney Beans**

EACH 125g SERVING PROVIDES:

ENERGY	146 KJ	7%
FAT	4.3g	6%
SATURATES	0.7g	4%
SUGARS	4.6g	5%
SALT	0.6g	11%

% OF AN ADULT'S REFERENCE INTAKE  
(TYPICAL VALUES PER 100g: ENERGY 490kJ/117kcal)

**APPROVED**  
Vegetarian Society

**SOURCE OF PROTEIN**

# GOURMET



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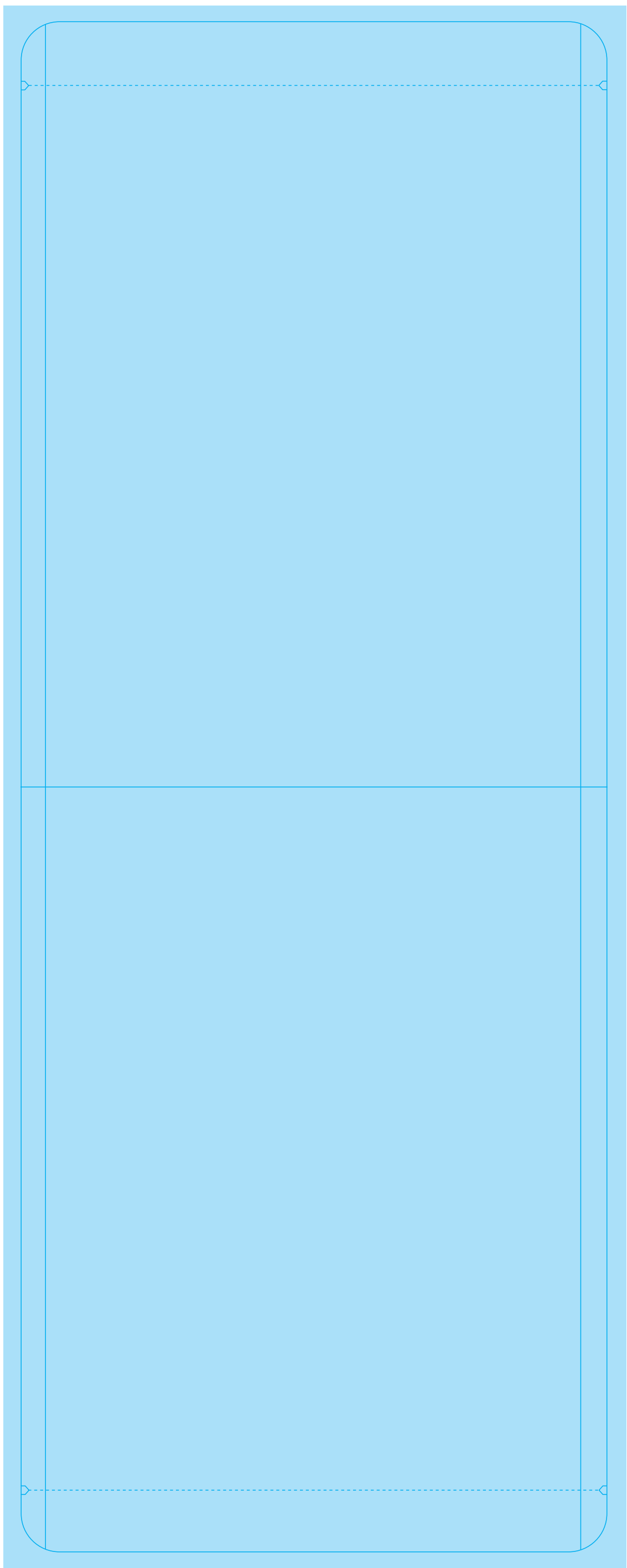
White




SPOT  
Varnish

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