

PRO → FUSION
DRIVEN BY NATURE

ORGANIC

CHICK
PEA
ORZO

250g e



HIGH PROTEIN



GLUTEN FREE

PRO → FUSION
DRIVEN BY NATURE

**ORGANIC GLUTEN FREE CHICKPEA
FLOUR ORZO**

Ingredients: Chickpea Flour*.

*= Certified Organic Ingredients.

Not suitable for **soya** allergy sufferers
due to manufacturing methods.

Storage: store in a cool and dry place
Best before: see side

**AVERAGE NUTRITIONAL
VALUES PER 100G**

Energy	1468kJ/348kcal
Fat	4.1g
of which saturates	0.7g
Carbohydrate	52g
of which sugars	2.1g
Fibre	9.9g
Protein	21g
Salt	<0.01g

Cooking instructions: Bring water &
a touch of salt to the boil (1l of water for
every 100g of orzo). Add orzo & simmer
for 4-6 mins, stirring occasionally.
Drain & serve.



IT-BIO-009
EU Agriculture



250g e

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