



Organic Kitchen c/o
CLF Distribution Ltd,
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Product

Name	Organic Chickpeas
Description	Organic Kitchen chickpeas are a great source of plant protein and their creamy texture and flavour works great in salads, rice dishes and curry dishes. Or try making your own homemade houmous.
Code	ORK6
Barcode	5055177535980
Country of Origin*	Italy
*Country of origin may vary from time to time and the origin stated in this document is not guaranteed.	

Packaging

Net Content	400g (240g drained weight)
Packaging Type*	Aluminium tin with paper label, Cardboard tray outer with plastic wrap (contains 12 units)
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Shelf Life

Maximum Shelf Life	36 months
Storage Conditions	Ambient (15°C - 20°C)

Ingredients	Chickpeas*, Water. *Organic
Allergens	For allergens, see ingredients in BOLD .

Nutritional Values per 100g

Energy	504KJ (120kcal)
Fat	2.4g
Of Which Saturates	0g
Carbohydrates	79g
Of Which Sugars	3g
Fibre	5.8g
Protein	7g
Salt	0.01g

Certifications	Organic, Vegan Society
Serving Requirements	Ready to eat cold in salads or try adding to soups and curry dishes.