



SAY GOURMET!

REAL FOOD ■ REAL FLAVOR ■ REAL FAST



GLUTEN FREE



PLANT BASED



NO PRESERVATIVES



NO COLORANTS



NO ARTIFICIAL FLAVORS

TEAR HERE

HOLD HERE
TO TEAR OPEN
ENJOY!

Nutrition Facts

about 2 servings per container

Serving size

2/3 cup (100g)

	Per serving	Per container
Calories	140	280
	% DV*	% DV*
Total Fat	2g 3%	4g 5%
Saturated Fat	0.5g 3%	1g 5%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	50mg 2%	100mg 4%
Total Carbs.	20g 7%	40g 15%
Dietary Fiber	6g 21%	12g 43%
Total Sugars	2g	4g
Incl. Added Sugars	0g 0%	0g 0%
Protein	8g 16%	16g 32%
Vitamin D	0mcg 0%	0mcg 0%
Calcium	8.4mg 0%	12.8mg 0%
Iron	0.33mg 2%	0.66mg 4%
Potassium	41.9mg 0%	83.8mg 2%

*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: Mung beans (26%), green lentils (18%), carrots (9%), black quinoa (5%), red quinoa (5%), capia pepper (5%), chickpeas (3%), dried tomato (3%), green olives, vegetable oil (sunflower oil, olive oil), lemon juice, salt, sumac, thyme, dried mint, black pepper.

Produced by: Yayla Agro Gıda San. ve Tic. A.Ş.
Yallıyayak 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)

READY TO EAT

GENTLY SQUEEZE pouch
to separate contents.

SERVE at room temperature.
Mediterranean-style!

ENJOY!

ADD YOUR
TOUCH...

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

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LEGUMES

Mung Beans

Green Lentils

Chickpeas

BPA FREE POUCH



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