

Product Details

VEGAN

Product Name: Masala Chhole

Description: Chickpeas in a Masala Sauce with spinach, tomato, onion and spices. Heat and Serve as a side dish or entrée with rice and breads. Add 2-4 Tbsp water for thinner gravy.

Recipes: Recipes using Masala Chhole, like Rice & Beans, Keema Chhole are printed on the back of the pouch and more are on our web site under recipes.

Ingredients: Filtered water, chickpeas, tomato, freshly dices onion, spinach, sunflower oil, fresh ginger, fresh garlic, sea salt and spices.

Sodium Note: Masala Chhole is normally served with unsalted rice and breads which share it's salt content.

Package: BPA Free Microwaveable Pouch

10 oz net weight (285 g)

Shelf Life (from date of production): 2 years







Jyoti Natural Foods 300 Elmwood Avenue Sharon Hill, PA 19312

PRODUCT OF USA

Produit des États-Unis INATURAL FOODS Masala Chhole Masala Chhole Francisco Produit des États-Unis Natural Foods Masala Chhole Francisco Produit des États-Unis Natural Foods Sancial Produit des États-Unis Natural Foods Sancial Produit des États-Unis Natural Foods Sancial Produit des États-Unis Natural Foods Masala Chhole
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NATURAL FOODS Vegetarion
Masala Chhole Chhole
Chickpeas in Masala Sauce with Spinach
Pois chiches et épinards en sauce Masala
Presentation regently suggestion dis presentation
A Delicious, Hearty Source of Vegetarian Protein Une Délicieuse Source de Végétarien Protéines Non-GMO NET 10 oz(284q)

Nutrition Facts 2 servings per container Serving size 1/2 cup (130g)	
	% Daily Value *
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	17%
Total Sugars 5g	
Includes 0g Added Sugar	s 0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2.2mg	10%
Potassium 380mg	8%
* The % Daily Value (DV) tells ye nutrient in a serving of food oo daily diet. 2,000 calories a day general nutrition advice.	ntributes to a
Calories per gram: Fat 9 • Carbohydrate 4	Protein 4