

## **Product Details**

## Punjabi Chhole, VEGAN FOOD

**Description:** Chickpeas with potatoes, onions and Spices in a tangy, aromatic sauce. Serve with breads, rice, couscous or as a side dish.

**Recipes**: Various recipes using Punjabi Chhole are printed on the back of the label and are on the web site under Recipes.

Package: Steel cans, 15 oz (284 g)

Shelf Life (from date of production): 3 years

**Ingredients:** Chickpeas, Water, Fresh Onions, non-GMO (soybean oil, corn Starch), Fresh Potatoes, tomatoes, Fresh Ginger, Lemon juice concentrate, Fresh Garlic, Salt and Spices.

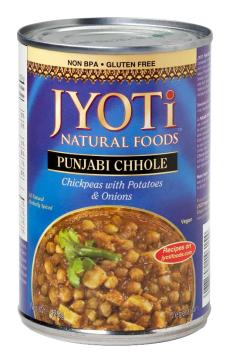
Sodium Note: Punjabi Chhole is normally served with unsalted rice and breads which share its salt content.

## Jyoti Natural Foods PRODUCT OF USA









## **Nutrition Facts** Serving Size 1/2 cup (114g)

Servings Per Container about 4

ries from Fat 60
% Daily Value*
11%
g <b>5%</b>
J <b>0</b> %
20%
rate 17g 6%
17%
9%
Vitamin C 0%
Iron 10%