

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.

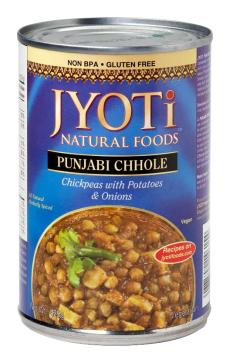
Sodium Note: Punjabi Chhole is normally served with unsalted rice and breads which share its salt content.

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

Servings Per Container about 4

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