



# Product Data Sheet

September 2013

**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.

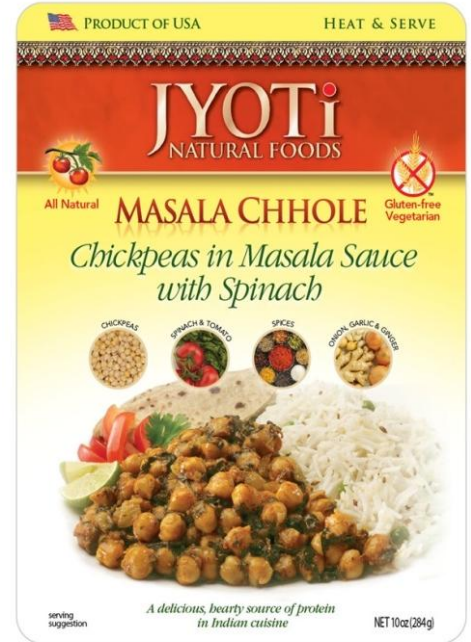
**Ingredients:** Filtered water, chickpeas, tomato, freshly dices onion, spinach, butter, non-GMO soybean oil, ginger, garlic, sea salt and spices.

**Allergen:** Butter (milk)

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

**Package:** BPA Free Pouch, 10 oz net weight (285 g)

**Shelf Life** (from date of production): 2 years



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**PRODUCT OF USA**

## Nutrition Facts

Serving Size 114 g  
Servings Per Container 2.5

### Amount Per Serving

**Calories** 200    **Calories from Fat** 100

**% Daily Value\***

**Total Fat** 11g    **17%**

Saturated Fat 3.5g    **19%**

Trans Fat 0g

**Cholesterol** 10mg    **4%**

**Sodium** 310mg    **13%**

**Total Carbohydrate** 20g    **7%**

Dietary Fiber 5g    **22%**

Sugars 4g

**Protein** 6g

Vitamin A 20%    • Vitamin C 8%

Calcium 6%    • Iron 15%