

Nutrition Facts

1 Serving Per Container

Serving Size 1 Each (284g)

Amount Per Serving

Calories499

% Daily Value *		
Total Fat 15g		19%
Saturated Fat 2g		12%
Trans Fat 0g		
Cholesterol 5mg		2%
Sodium 810mg		35%
Total Carbohydrate 79g		29%
Dietary Fiber 10g		35%
Total Sugars 15g		
Includes 0 added Sugars		NA

Protein 14g		
Vitamin D NA		NA
Calcium 195mg		15%
Iron 4mg		24%
Potassium 332mg		7%

The Percent 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: TURMERIC GARBANZO CURRY

FILLING (GARBANZO BEANS; BLACK BEANS (BLACK BEANS; WATER; SALT; CALCIUM CHLORIDE); KALES/RAW (BROCCOLI; RED CABBAGE; CARROTS; KALE); MAYONNAISE (SOYBEAN OIL; VINEGAR; EGGS; WATER; SALT; EGG YOLKS; SUGAR; CALCIUM DISODIUM EDTA; DRIED GARLIC; DRIED ONIONS; NATURAL FLAVOR); CORN; GOLDEN RAISINS; GREEN ONIONS; CURRY POWDER (SPICES; TURMERIC; SALT; RED PEPPER; SPICE EXTRACT); CILANTRO; GROUND TURMERIC; KOSHER SALT); SUN DRIED TOMATO TORTILLA (ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR; ENZYME; NIACIN; REDUCED IRON; THIAMIN MONONITRATE; RIBOFLAVIN; FOLIC ACID); WATER; VEGETABLE SHORTENING (LIQUID AND HYDROGENATED SOYBEAN OIL; HYDROGENATED COTTONSEED OIL; TBHQ; CITRIC ACID); TOMATO SPICE (MALTODEXTRIN; DEHYDRATED TOMATO; BEET POWDER; SALT; GARLIC; SPICES (BASIL AND OREGANO); ONION; EXTRACTIVE OF PAPRIKA; SILICON DIOXIDE; SUNFLOWER OIL); VEGETABLE OIL (CANOLA OIL; CORN OIL; SOYBEAN OIL; SAFFLOWER OIL); SALT; SUGAR; SODIUM BICARBONATE; SODIUM ACID PYROPHOSPHATE; FUMARIC ACID; CALCIUM PROPIONATE; MONOGLYCERIDES; POTASSIUM SORBATE; GUAR GUM; CORN STARCH; L-CYSTEINE); TOMATOES; CUCUMBER

CONTAINS EGG, SOYBEANS, CORN, WHEAT