



# FOODSERVICE



## PULSE MELANGE

### Nutrition Facts

Serving Size: 1 cup (142g)/Servings  
About 8 per bag  
About 48 per container

Amount Per Serving

Calories 160    Calories from Fat 50

% Daily Value\*

**Total Fat** 6g    9%

Saturated Fat 1g    5%

Trans Fat 0g

**Cholesterol** 0mg    0%

**Sodium** 430mg    18%

**Total Carbohydrate** 21g    7%

Dietary Fiber 7g    28%

Sugars 4g

**Protein** 7g

Vitamin A 100% • Vitamin C 35%

Calcium 4% • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS** | Cooked Garbanzo Beans, Cooked Green Garbanzos, Carrots, Red Bell Peppers, Cooked Red Lentils, Extra Virgin Olive Oil, Garlic, Red Wine Vinegar, Basil, Sea Salt.

### WEIGHT

2.5 lbs per bag | 15 lbs per case

### CASE PACK

6

### PREPARATION

Microwave/Stovetop

### CASES PER PALLET

100

### NEW WEIGHT PER PALLET

1500 lbs

### TI/HI

10x10

### STORAGE

Shelf Life    12 Months

Storage Method    Frozen

### PRODUCED IN AN SQF LEVEL 3 FACILITY



## POFODSERVICE.COM

