

# FRESH NATURE®

## GREEN CHICKPEAS

All natural, plant-based protein



- Young Chickpeas, Picked Fresh
- Immediately Flash Frozen
- Allergan Free, Soy Free, Gluten Free
- Good Source of Fiber, Protein, Folate & Iron

- Sodium & Cholesterol Free, Kosher & Halal Cert.
- Versatile & Delicious
- Naturally Sweet Flavor & Nutty Crunch
- Sustainable Farming Practices



# FRESH NATURE®

## GREEN CHICKPEAS



INGREDIENTS: Green Chickpeas



### Nutrition Facts

8 servings per container	
Serving size (100g)	
Amount Per Serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein 6g</b>	<b>12%</b>
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 1.62mg	8%
Potassium 0mg	0%
Vitamin A	10%
Vitamin C	40%

\*The % 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.

## ORGANIC GREEN CHICKPEAS



INGREDIENTS: Organic Green Chickpeas



### Nutrition Facts

8 servings per container	
Serving size (100g)	
Amount Per Serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein 6g</b>	<b>12%</b>
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 1.62mg	8%
Potassium 0mg	0%
Vitamin A	10%
Vitamin C	40%

\*The % 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.

Net Case Weight	Gross Case Weight	Case Dimensions	Pallet Configuration	Shelf Life
2 kg	2.26 kg	19 (L) × 18.4 (W) × 14.6 (H)	30 per layer × 7 high = 210 per Pallets	18 months

# NURTURED FROM SEED TO SERVE

On our farm, we believe ingredients matter. That's why our mission is simple, grow and harvest sustainably produced young green chickpeas to create healthy, flavorful and unique foods.



Non-GMO

Carefully nurtured without the use of harmful insecticides

Picked fresh from the vine

Delivered fresh to your table

