

# CHICK-PEAS



## PRESENTATION

For hummus, puree, in oriental couscous, in soups or cooked, Mutular chick-peas are very easy to cook. High in energy, these dried vegetables, enjoyable anytime of the year, will satisfy the whole family both by their preserved taste as well as by their nutritional qualities. Chick-peas, rich in protein, vitamins, fibre and minerals, will bring you health balance, energy and lots of benefits at every bite !

## COOKING ADVICE

Heat over low heat in a saucepan or on medium power in a suitable dish in a microwave. Season to taste (butter, gravy, etc). Serve hot.

This preparation can also be served cold as a salad.

## NUTRITION FACTS

for 100 g

Protein	8,9 g
carbohydrates	21,1 g
Fat	1,09 g
Calories	140,90 Kcal

## INGREDIENTS

Chick-peas 61%, water, salt.

## AVAILABLE IN

420 g, 840 g and 4,2 kg.

