

Nutrition

	per 100g	per 120
Energy	578kJ/139kcal	693kJ/166kcal
Fat	5.7g	6.9g
of which Saturates	0.6g	0.8g
Carbohydrate	12g	14g
of which Sugars	0.5g	0.6g
Protein	6.0g	7.2g
Salt	0.49g	0.59g

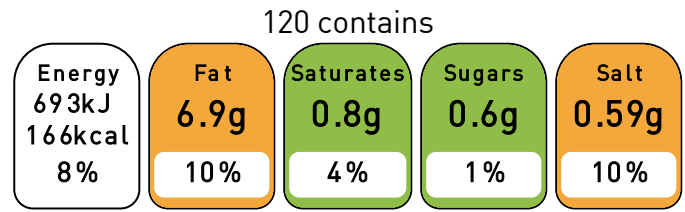
Ingredient Declaration

Chick Peas, Water, Sunflower Oil, Salt, Cumin Seeds, Garlic

Allergens

Suitable for Vegans and Vegetarians

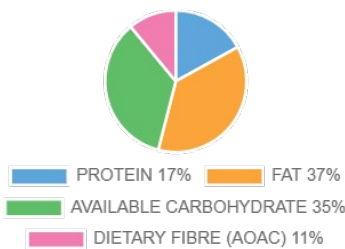
Front of Pack



of an adult's reference intake

Typical values per 100g: 578kJ/139kcal

Energy Contributions



5 A Day

A 120g serving provides...

ONE portion of your 5 A Day

