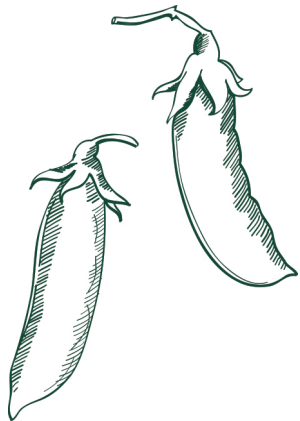


Sabor Sabor

PULSES



cooked Chickpeas

FORMAT:
Packaging 475 g.

STORE:
Below 4°C

NUTRITIONAL INFORMATION PER 100 G.

Energy: 374 kJ / 89 kcal.
 Fats: 2,1 g. of which 0,3 g. are saturated
 Carbohydrates: 10 g. of which 0,5 g. are sugar
 Protein: 4,9 g.
 Dietary fiber: 5,2 g.
 Salt: 0,8 g.
 Manganese: 0,85 mg. / 43% VRN
 Copper: 0,19 mg. / 19% VRN



cooked Lentils

FORMAT:
Packaging 475 g.

STORE:
Below 4°C

NUTRITIONAL INFORMATION PER 100 G.

Energy: 301 kJ / 71 kcal.
 Fats: <0,5 g. of which <0 g. are saturated
 Carbohydrates: 10,3 g. of which <2,5 g. are sugar
 Protein: 5,8 g.
 Dietary fiber: 3,4 g.
 Salt: 1,04 g.
 Manganese: 0,30 mg. / 15% VRN
 Copper: 0,20 mg. / 20% VRN
 Phosphorus: 110 mg. / 16% VRN



MOST IMPORTANT NUTRITIONAL DECLARATIONS "SABOR SABOR" PULSES:

- Low in saturated fat. A lower consumption of saturated fats contributes to maintenance of normal levels of blood cholesterol.
- High in protein. Proteins contribute to the preservation and increase of muscle mass, as well as the maintenance of normal bone condition.
- Source of fiber.
- Low in sugar.
- Source of iron / phosphorus / potassium / copper / manganese.

cooked Red Beans

FORMAT:

Packaging 475 g.

STORE:

Below 4°C

NUTRITIONAL INFORMATION PER 100 G.

Energy: 314 kJ / 75 kcal.

Fats: <0,6 g. of which 0,1 g. are saturated

Carbohydrates: 9,1 g. of which <1,3 g. are sugar

Protein: 5,8 g.

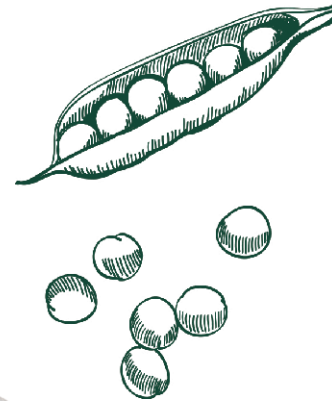
Dietary fiber: 4,8 g.

Salt: 0,82 g.

Potassium: 348 mg. / 17% VRN

Manganese: 0,33 mg. / 17% VRN

Phosphorus: 115 mg. / 16% VRN



PREPARATION



MICROWAVE OVEN:
2 min.



PAN:
3 min.