

Nutrition Facts

Serving Size

5.0 oz (142g)

Calories
per serving **320**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 3.5g	4%	Total Carb. 63g	23%
Saturated Fat 0g	0%	Fiber 12g	43%
<i>Trans Fat</i> 0g		Total Sugars 6g	
Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
Sodium 390mg	17%	Protein 13g	
Vitamin D 0% · Calcium 10% · Iron 25% · Potassium 20%			

Chickpea & Okra Stew over Rice

Ingredients: tomato, okra, water, garbanzo beans, basamati rice, sweet onion, green bell pepper, celery, rice flour, green onion, kosher salt, garlic, smoked paprika, tabasco sauce, black pepper, vegetable base, white pepper, bay leaf