

Nutrition Facts

Serving Size

1.0 ea

Calories
per serving **570**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 4.5ç	5%	Total Carb. 119ç	43%
Saturated Fat .5g	3%	Fiber 15g	55%
<i>Trans Fat</i> 0g		Total Sugars 9g	
Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
Sodium 400mg	17%	Protein 20g	
Vitamin D 0% · Calcium 10% · Iron 25% · Potassium 25%			

Chickpea & Okra Stew, Jasmine Rice, Steamed Corn

Ingredients: tomato, water, corn, okra, jasmine rice, 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

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

Nutrition Facts

Serving Size
3.0 oz (85g)

Calories
per serving **70**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 0g	0%	Total Carb. 15g	6%
Saturated Fat 0g	0%	Fiber 0g	0%
<i>Trans Fat</i> 0g		Total Sugars 0g	
Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
Sodium 0mg	0%	Protein 2g	

Vitamin D 0% · Calcium 0% · Iron 0% · Potassium 0%

Jasmine Rice

Ingredients: water, jasmine rice