Van Lang

104390 - Vegan Spiced Chickpea Phyllo Bundle

Hearty chickpeas, chopped zucchini and spinach simmered in a rich tomato sauce accented with garam masala, cumin, ginger & coriander and hand folded into an elegant entrée sized phyllo star.



MARKETING

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PRODUCT SPECIFICATIONS

Code	GTIN	Pack Description
501006	00813945023467	27/5 OZ

Brand	Brand Owner	GPC Description
Van Lang	Van Lang Foods	Ready-Made Combination Meals - Not Ready to Eat (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
9.4 LBR	8.4 LBR	No	United States	Undeclared	No

Shipping

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
14 INH	9.5 INH	8.625 INH	0.66 FTQ	15x07	237 Days	-5 FAH / -2.5 FAH

Traceability Regulation

Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors
N/A	N/A	N/A	N/A

Nutrition Facts

27 Servings per container

Serving Size **142 Grams**

Amount Per Serving

Calories **210**

	% Daily Value*
Total Fat 3.5 g	**4%**
Saturated Fat 0 g	**0%**
Trans Fat 0 g	
Cholesterol 0 mg	**0%**
Sodium 260 mg	**11%**
Total Carbohydrates 37 g	**13%**
Dietary Fiber 10 g	**36%**
Total Sugars 8 g	
Includes 0 g Added Sugars	**0%**
Protein 11 g	
Vitamin D 0 mcg	0%
Calcium 82 mg	6%
Iron 5 mg	30%
Potassium 690 mg	15%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

HANDLING SUGGESTIONS

Keep frozen in -20°F to 10°F freezer until ready to cook.------

ALLERGENS

***C** = 'Contains' ; **MC** = 'May Contain' ; **N** = 'Free From' ; **UN** = 'Undeclared' ; **INII** = 'Intentionally nor Inherently Included'; **50** = 'Derived from Ingredients' ; **60** = 'Not Derived From Ingredients' ; **NI** = 'No Info'*

- Milk - MC
- Peanuts - MC
- Eggs - MC
- Tree - MC
- Soybean - C
- Fish - MC
- Wheat - C
- Shellfish - MC
- Sesame - MC
- Crustaceans - MC
- Molluscs - MC

INGREDIENTS

FILLING: Garbanzo Beans, Pizza Sauce (tomato sauce (tomatoes, less than 2% of: salt, dehydrated basil, citric acid), Zucchini, Spinach, Spanish Onion, Ginger, Lime Juice, Garlic, Cilantro, Sugar, Cumin, Salt, Coriander, Garam Masala (spices, turmeric, canola oil), Black Pepper, Soybean Oil. DOUGH: Phyllo Dough (enriched wheat flour and malted barley flour [niacin (b-complex vitamin), thiamine (b1 vitamin), reduced iron, riboflavin (b2 vitamin), folic acid] water, corn starch, soybean oil, salt; sodium propionate and potassium sorbate (preservatives). Allergens: contains wheat). SEALANT:Liquid Margarine (liquid and hydrogenated soybean oil, water, salt, contains less than 2% of vegetable mono & diglycerides, soy lecithin, sodium benzoate (a preservative), citric acid, natural & artificial flavors, calcium disodium edta added to protect flavor, beta carotene (color), vitamin A palmitate added. Contains: soybean).

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PREPARATION & COOKING SUGGESTIONS

Bake from frozen in 375-400°F oven for 15-20 minutes. Internal temperature must reach 165°F as measured by a thermometer.

SERVING SUGGESTIONS

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MORE INFORMATION