

10041196020127 - Progresso(TM) Canned Vegetables Chick Peas 19...

Tender, delicious, and a good source of fiber. These chick peas are healthy helpers for your nutritional needs. Use as an everyday pantry staple.. Bulk packaged in 24 - 19 oz cans. 4 servings per can.. A versatile and filling food staple that can be used in soups, salads, chilis and more.. Made with quality ingredients with no artificial flavors. Good source of fiber.. 19 oz C...



MARKETING

Progresso(TM) canned chick peas are tender, delicious, and a good source of fiber. These peas are healthy helpers for your nutritional needs. Bulk packaged in 24 - 19 oz cans. 4 servings per can.

Nutrition Facts

96 Servings per container	
Serving Size	1/2 cup (126g)
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 1.5	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 300 mg	13%
Total Carbohydrates 21 g	8%
Dietary Fiber 6 g	21%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%

Protein 5 g	
Vitamin D 0 mcg	0%
Calcium 50 mg	4%
Iron 1.4 mg	8%
Potassium 330 mg	7%

* 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.

PRODUCT SPECIFICATIONS

Code		GTIN		Pack Description		
102012000		10041196020127		24/19 OZ		
Brand	Brand Owner		GPC Description			
Progresso	GENERAL MILLS SALES INC.		Vegetables - Prepared/Processed (Shelf Stable)			
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
34.100 LBR	28.500 LBR	No	United States	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.000 INH	10.500 INH	9.250 INH	0.78700 FTQ	14x5	744 Days	32 FAH / 95 FAH
Traceability Regulation						
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant		Regulation Restrictions and Descriptors	
N/A		N/A	N/A		N/A	

HANDLING SUGGESTIONS

Keep in a dry cool place.

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 - INII
- Eggs - INII
- Soybean - INII
- Wheat - INII
- Sesame - INII
- Pine Nuts - INII
- Cashews - INII
- Macadamia Nuts - INII
- Coconuts - INII
- Brazil Nuts - INII
- Walnuts - INII
- X99 - UN
- Peanuts - INII
- Tree - INII
- Fish - INII
- Shellfish - NI
- Crustaceans - INII
- Almonds - INII
- Hazelnuts - INII
- Chestnuts - INII
- Pecan Nuts - INII
- Pistachios - INII
- Molluscs - INII

INGREDIENTS

SOAKED CHICK PEAS, WATER, SALT, DISODIUM EDTA (PRESERVATIVE).

Progresso

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PREPARATION & COOKING SUGGESTIONS	SERVING SUGGESTIONS	MORE INFORMATION
Serve as is	Satisfying Salads: Toss rinsed chick peas and mixed greens with olive oil, lemon juice and crumbled feta cheese for a delicious salad	