



Chickpeas precooked

2'688 kcal

- Tin:** radius 13cm, height 17.4cm, circumference 40.3cm
- Content:** Chickpeas precooked, 800g
- Storage:** Preferably cool and dry, without direct sunlight.
Ideally at a constant temperature of approx. 15-20° Celsius.
- Once opened:** Always close the tin firmly with the plastic lid. Do not eat directly from the container (contamination), the opened product can be consumed within several weeks.
Avoid large temperature variation to prevent condensation.
- Shelf Life:** 10 years. Vacuumed and sealed under protective atmosphere (Swiss Can Machinery).

nutritional values per 100g:

product	energy KJ / kcal	fat	saturated fat	carbs	sugars	protein	salt	fibre
chickpeas	1412/336	5,9g	1,1g	44,3g	2,4g	18,6g	0,05g	15,5g

- Directions:** Soak briefly in cold water or sprinkle into a dish and allow to steep briefly