



Global Village Foods

100138 - Ethiopian Lentil Combo Vegan

Two Ethiopian inspired vegan stews: a green split pea stew with flax, fenugreek and earthy spices, and red lentil stew with ginger, cardamom and Ethiopian Berebere spice, served with hearty brown rice with nutrient-rich millet. Sell from frozen shelf or slack & date 7 days for PFD Grab & Go.



Nutrition Facts

Servings per Container	1
Serving size	11.5OZ
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	19%
Total Carbohydrate 72g	26%
Dietary Fiber 15g	54%
Total Sugars 2g	
Includes 0g Added Sugar	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 4.4mg	25%
Potassium 220mg	4%
* The % Daily Value (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.	

Benefits

ETHIOPIAN LENTIL COMBO w/ MILLET-BROWN RICE  
VEGAN / GLUTEN FREE / Dairy, Egg, Nut, Sesame & Seafood FREE  
Two Ethiopian inspired vegan stews. Ingudai is a green split pea stew with flax, fenugreek and other earthy spices. Yemi ser Wat is a fragrant red lentil stew with ginger, cardamom and Ethiopian Berebere blended pepper spice. Both are served with hearty brown rice blended with nutrient-rich millet. These individually packaged, heat-and-serve meals sell great from frozen shelf or can be thawed, dated for 7 days and presented from prepared-food grab & go case. Easy and complete warming instructions, product and brand information included to engage quality conscious buyers at the point of sale.

Ingredients

Green Split Peas, Onion, Mushrooms, Flax Seeds, Ginger, Garlic, Salt, Berbere Spice. Red Lentil, Onions, Tomato Paste, Ginger, Garlic, Parsley, Berbere Spice, Salt. Brown Rice, Millet, Sunflower Oil, Salt.

Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

Keep frozen. If thawed use within 7 days. UNIT UPC: 865130000036

Serving Suggestions

Sell direct to consumer from : 1) frozen case, 2) slack and add 7 day date, sell from Grab & Go case

Prep & Cooking Suggestions

MICROWAVE: From frozen (If thawed, half the times below)  
1) Peel corner of film & heat on HIGH for 3 min.,  
2) Stir, add 1-2 tsp water if desired, and heat 1-2 more min.  
3) Let stand 1 minute before enjoying  
OVEN: Thaw meal before warming  
1) Remove carton and plastic film  
2) Heat on baking sheet at 350 for 30-35 min.  
3) Add 1-2 tsp water, stir, heat 10-15 more min.

Product Specifications

Brand			Manufacturer			
Global Village Foods			Global Village Foods			
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.	
865130000036	rETH	100138	10865130000033		6/11.5 OZ	
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
4.85lb	4.35lb	United States	No			
Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
11in	7in	7in	0.31ft3	23x9	270days	-5°F / -2°F



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Nutrition Analysis - By Measure

Calories	360	Total Fat	3.5g	Sodium	440mg
Protein	16	Trans Fats	0g	Calcium	30mg
Total Carbohydrates...	72g	Saturated Fat	0g	Iron	4.4mg
Sugars	2g	Added Sugars	0g	Potassium	220mg
Dietary Fiber	15g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

