



Global Village Foods

100142 - Chickpea Vegetable Tajine

Chickpeas, Mediterranean herbs & spices in a rich tomato stock, accentuated with the natural sweetness of carrots and raisins, served with a hearty millet-brown rice. 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	390
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	19%
Total Carbohydrate 74g	27%
Dietary Fiber 9g	32%
Total Sugars 10g	
Includes 0g Added Sugar	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 4.2mg	25%
Potassium 700mg	15%

* Benefits

CHICKPEA VEGETABLE TAJINE w/ MILLET-BROWN RICE
VEGAN / GLUTEN FREE / Dairy, Egg, Nut, Sesame & Seafood FREE
Chickpeas in a rich savory tomato stock full of fragrant Mediterranean herbs & spices, accentuated with the natural sweetness of carrots and raisins, served with a 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

Chickpeas, Carrots, Tomato Paste [tomato], Raisins, Scallions, Cilantro, Turmeric, Cumin, Coriander, Fenugreek, Black Pepper, Spices, Salt. Brown Rice, Millet, Sunflower Oil, Salt.

⚠ Allergens

Free From:

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

* 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.

Handling Suggestions

Keep frozen. If thawed use within 7 days. UNIT UPC: 865130000012

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.
865130000012	rCPT	100142	10865130000019		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	390	Total Fat	5g	Sodium	430mg
Protein	12	Trans Fats	0g	Calcium	80mg
Total Carbohydrates...	74g	Saturated Fat	0.5g	Iron	4.2mg
Sugars	10g	Added Sugars	0g	Potassium	700mg
Dietary Fiber	9g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

