

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 entre sized phyllo star.



* Benefits

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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, Ciliantro, 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

added to protect flavor, beta carotene (color), vitamin A palmitate added. Contains: soybean).

A Allergens

Contains:



Free From:

😭 crustaceans 🏿 (🔘 eggs 🔊 fish 📳 milk



Nutrition Facts

Servings per Container 27 142gs (1H87) Serving size

Amount per serving Calories

210

Oalones	210
% Da	aily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 37g	13%
Dietary Fiber 10g	36%
Total Sugars 8g	
Includes 0g Added Sugar	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 82mg	6%
Iron 5mg	30%
Potassium 690mg	15%

* 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 in -20F to 10F freezer until ready to cook.

Serving Suggestions

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

Prep & Cooking Suggestions

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

Product Specifications

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	Van Laı	ng	Van	Lang Foo	ds		
UPC	UPC MFG # SPC #		GTIN	Pack	Pack Desc.		
	501006	104390	00813945023467		27/5 07		

Gross Weight Net Weight		Country of Origin	Kosher	Child Nutrition
9.4lb	8.4lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
14in	9.5in	8.63in	0.66ft3	15x7	237days	-5°F / -2°F





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Nutrition Analysis - By Measure

Calories	210	Total Fat	3.5g	Sodium	260mg
Protein	11	Trans Fats	0g	Calcium	82mg
Total Carbohydrates•••	37g	Saturated Fat	0g	Iron	5mg
Sugars	8g	Added Sugars	0g	Potassium	690mg
Dietary Fiber	10g	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-1 2•	
Monosodium		Sulphites	_	Nitrates	

Additional Images



