



Global Village Foods

35692 - Black Eyed Bean Kofta Vegan Gluten

A vegan version of a well known spicy ball usually made with lamb or beef. This Black Eyed Bean version is packed with traditional spices for a full flavor punch, plenty of protein and fiber, and great texture that works deliciously in the Spicy Eggplant Sauce



Nutrition Facts

Servings per Container 1  
Serving size 6.00Z (6oz)

Amount per serving  
Calories 400

|                         |       | % Daily Value* |
|-------------------------|-------|----------------|
| Total Fat               | 11g   | 14%            |
| Saturated Fat           | 1g    | 5%             |
| Trans Fat               |       |                |
| Cholesterol             | 0mg   | 0%             |
| Sodium                  | 510mg | 22%            |
| Total Carbohydrate      | 77g   | 28%            |
| Dietary Fiber           | 27g   | 96%            |
| Total Sugars 5g         |       |                |
| Includes 0g Added Sugar |       | 0%             |
| Protein 24g             |       |                |
| Vitamin D               | 0mcg  | 0%             |
| Calcium                 | 120mg | 9%             |
| Iron                    | 7.9mg | 44%            |
| Potassium               | 250mg | 5%             |

\* 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

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Ingredients

BLACKEYE PEAS, WATER, ONION, EGGPLANT, RICE FLOUR, OIL, SUNFLOWER, HIGH OLEIC (70% AND OVER), FLAXSEED, ARROWROOT FLOUR, TOMATO PASTE (TOMATOES, SPICES, NATURAL FLAVORS, CITRIC ACID), GINGER, GARLIC, DISTILLED VINEGAR, LEMON JUICE, SALT, GARLIC, ARROWROOT STARCH, BLACK PEPPER, PARSLEY, CUMIN, BAKING POWDER (CORNSTARCH, SODIUM BICARBONATE, SODIUM ALUMINIUM SULFATE, MONOCALCIUM PHOSPHATE), CUMIN SEED, SUGAR, CAYENNE PEPPER, TURMERIC, SAGE, OREGANO, THYME

⚠ Allergens

Free From:

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

Handling Suggestions

Keep refrigerated to 7 day use by date applied by point of purchase retail outlet.

Serving Suggestions

Heat and serve as a snack, a quick lunch or add a salad or side dish to make a full meal

Prep & Cooking Suggestions

OVEN- heat to taste on oven safe pan or sheet and heat a 375 fro 5 to 7 minutes  
MICROWAVE - heat to taste on safe dish for 30 to 60 seconds. Add more time as desired

✍ Product Specifications

| Brand                | Manufacturer         | Product Category |
|----------------------|----------------------|------------------|
| Global Village Foods | Global Village Foods |                  |

| UPC          | MFG #  | SPC # | GTIN           | Pack | Pack Desc. |
|--------------|--------|-------|----------------|------|------------|
| 860028000532 | KFTveg | 35692 | 10860028000539 |      | 12/6 OZ    |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 5.2lb        | 4.5lb      | United States     | No     |                 |

| Shipping Information |       |        |         |       |            |                      |
|----------------------|-------|--------|---------|-------|------------|----------------------|
| Length               | Width | Height | Volume  | TlxHl | Shelf Life | Storage Temp From/To |
| 14in                 | 10in  | 8in    | 0.65ft3 | 12x10 | 270days    | -2°F / -5°F          |



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Nutrition Analysis - By Measure

|                        |     |                     |      |                |       |
|------------------------|-----|---------------------|------|----------------|-------|
| Calories               | 400 | Total Fat           | 11g  | Sodium         | 510mg |
| Protein                | 24  | Trans Fats          |      | Calcium        | 120mg |
| Total Carbohydrates... | 77g | Saturated Fat       | 1g   | Iron           | 7.9mg |
| Sugars                 | 5g  | Added Sugars        | 0g   | Potassium      | 250mg |
| Dietary Fiber          | 27g | 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

