



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%
<b>Protein</b>	<b>24g</b>	
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:



### 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(U)		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

