

Roasted Chickpea & Fig Couscous Bowls

Nutrition Facts

2 servings per container

Serving size

1 (527g)

Amount per serving

Calories

890

% Daily Value*

Total Fat 46g **59%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 1340mg **58%**

Total Carbohydrate 91g **33%**

Dietary Fiber 15g **54%**

Total Sugars 22g

Includes 2g Added Sugars **4%**

Protein 26g

Vitamin D 0mcg 0%

Calcium 330mg 25%

Iron 5.7mg 30%

Potassium 1160mg 25%

* The % Daily Values (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.

INGREDIENTS: CHICKPEAS (CHICKPEAS, WATER, SALT, ASCORBIC ACID, CALCIUM CHLORIDE (FIRMING AGENT), DISODIUM EDTA (COLOR RETENTION), SODIUM METABISULFITE (SULFITING AGENT)), CAULIFLOWER, SCHUG SAUCE (CANOLA OIL, LEMON JUICE (WATER, LEMON JUICE CONCENTRATE), PARSLEY, CILANTRO, WATER, ORGANIC AGAVE NECTAR, SEA SALT, GROUND CORIANDER, GRANULATED GARLIC, GROUND CUMIN, GROUND CARDAMOM, BLACK PEPPER, CRUSHED RED PEPPER FLAKES), KALE, TOASTED PEARL COUSCOUS (WHEAT FLOUR), FETA CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURE, ENZYMES, POWDERED CELLULOSE, POTATO STARCH, NATAMYCIN), OLIVE OIL**, ROASTED RED PEPPERS, DRIED FIGS (ORGANIC DRIED BLACK MISSION FIGS), ITALIAN SEASONING (DEHYDRATED GARLIC, OREGANO, BASIL, PARSLEY, BLACK PEPPER), SALT**.

CONTAINS: MILK, WHEAT

**Information derived from the USDA's FoodData Central is used in the nutrition analysis, ingredient list, and allergen declaration of pantry items. Pantry items are found in the "What You'll Need" section of the recipe card.

Perishable Keep Refrigerated. It is recommended to consume recipes with shellfish and fish first. Produced in a facility that processes milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, sesame, and soy beans.

Net Wt. 36.3oz (1028.7g)

Roasted Chickpea & Fig Couscous Bowls

Nutrition Facts

4 servings per container

Serving size

1 (527g)

Amount per serving

Calories

890

% Daily Value*

Total Fat 46g **59%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 25mg **8%**

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CONTAINS: MILK, WHEAT

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Net Wt. 72.5oz (2054.4g)