

NUTRITIONAL FACTS

WHOLLY VEGGIE

Coconut Cauliflower Meal

Romance copy	Ingredients	Nutritional Facts
Cauliflower, black beans, red lentils, peas, quinoa, and carrots, with a ginger coconut milk sauce.	Cauliflower, Cooked black beans (water, black beans, salt), Cooked red split lentils (water, red split lentils), Peas, Cooked white quinoa (white quinoa, water, salt), Carrots, Water, Coconut milk (coconut extract, water), Rice vinegar seasoning (water, rice vinegar {water, rice}), Sesame oil, Unrefined organic brown sugar, Salt, Ginger, Rice flour, Garlic, Vinegar, Turmeric, White pepper. Contains: Sesame.	Nutrition Facts Valeur nutritive Per 1 package (325 g) pour 1 paquet (325 g) <hr/> Calories 340 % Daily Value* % valeur quotidienne* <hr/> Fat / Lipides 9 g 12 % Saturated / saturés 3.5 g 18 % + Trans / trans 0 g <hr/> Carbohydrate / Glucides 50 g Fibre / Fibres 19 g 68 % Sugars / Sucres 10 g 10 % <hr/> Protein / Protéines 14 g <hr/> Cholesterol / Cholestérol 0 mg 0 % <hr/> Sodium 1030 mg 45 % <hr/> Potassium 650 mg 15 % Calcium 125 mg 10 % Iron / Fer 4.5 mg 25 % <hr/> <small>*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup</small>

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Southwest Broccoli Meal

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Broccoli florets, green lentils, black beans, chickpea balls, red bell pepper, organic corn and onion, with a delicious red pepper sauce.	Broccoli, Cooked green lentils (water, green lentils), Cooked black beans (water, black beans, salt), Water, Chickpea balls (textured pea protein, chickpeas, cooked red quinoa, pumpkin seed, cassava starch, potato starch, sunflower oil), Red bell pepper, Organic corn, Onion, Sunflower oil, Tomato purée, Salt, Tomato concentrate, Paprika, Spring onion, Rice flour, Garlic, Smoked paprika powder, Cayenne pepper, Oregano, Cumin, Red pepper sauce (vinegar, aged red pepper, salt).	<table border="1"><thead><tr><th colspan="2">Nutrition Facts</th></tr><tr><th colspan="2">Valeur nutritive</th></tr></thead><tbody><tr><td colspan="2">Per 1 package (325 g) pour 1 paquet (325 g)</td></tr><tr><td>Calories 330</td><td>% Daily Value* % valeur quotidienne*</td></tr><tr><td>Fat / Lipides 9 g</td><td>12 %</td></tr><tr><td>Saturated / saturés 1 g</td><td>5 %</td></tr><tr><td>+ Trans / trans 0 g</td><td></td></tr><tr><td>Carbohydrate / Glucides 44 g</td><td></td></tr><tr><td>Fibre / Fibres 20 g</td><td>71 %</td></tr><tr><td>Sugars / Sucres 4 g</td><td>4 %</td></tr><tr><td>Protein / Protéines 17 g</td><td></td></tr><tr><td>Cholesterol / Cholestérol 0 mg</td><td>0 %</td></tr><tr><td>Sodium 570 mg</td><td>25 %</td></tr><tr><td>Potassium 650 mg</td><td>15 %</td></tr><tr><td>Calcium 140 mg</td><td>10 %</td></tr><tr><td>Iron / Fer 6 mg</td><td>35 %</td></tr><tr><td colspan="2">*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup</td></tr></tbody></table>	Nutrition Facts		Valeur nutritive		Per 1 package (325 g) pour 1 paquet (325 g)		Calories 330	% Daily Value* % valeur quotidienne*	Fat / Lipides 9 g	12 %	Saturated / saturés 1 g	5 %	+ Trans / trans 0 g		Carbohydrate / Glucides 44 g		Fibre / Fibres 20 g	71 %	Sugars / Sucres 4 g	4 %	Protein / Protéines 17 g		Cholesterol / Cholestérol 0 mg	0 %	Sodium 570 mg	25 %	Potassium 650 mg	15 %	Calcium 140 mg	10 %	Iron / Fer 6 mg	35 %	*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	
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WHOLLY VEGGIE

Sweet & Spicy Chickpea Meal

Romance copy	Ingredients	Nutritional Facts																												
Chickpeas, tomatoes, butternut squash, red lentils, red peppers, chickpea balls, and spinach, with a sweet and spicy sauce.	Chickpeas, Tomatoes, Butternut squash, Cooked red split lentils (water, red split lentils), Water, Red bell peppers, Chickpea balls (textured pea protein, chickpeas, cooked red quinoa, pumpkin seed, cassava starch, potato starch, sunflower oil), Spinach, Unrefined organic brown sugar, Sunflower oil, Tomato concentrate, Onion, Salt, Tomato purée, Paprika, Rice flour, Garlic, Mint, Red pepper sauce (vinegar, aged red pepper, salt), Oregano, Cumin, Cayenne pepper.	<p>Nutrition Facts Valeur nutritive</p> <p>Per 1 package (325 g) pour 1 paquet (325 g)</p> <hr/> <table><thead><tr><th>Calories 340</th><th>% Daily Value*</th></tr><tr><th>% valeur quotidienne*</th><th></th></tr></thead><tbody><tr><td>Fat / Lipides 9 g</td><td>12 %</td></tr><tr><td>Saturated / saturés 3.5 g</td><td>18 %</td></tr><tr><td>+ Trans / trans 0 g</td><td></td></tr><tr><td>Carbohydrate / Glucides 50 g</td><td></td></tr><tr><td>Fibre / Fibres 19 g</td><td>68 %</td></tr><tr><td>Sugars / Sucres 10 g</td><td>10 %</td></tr><tr><td>Protein / Protéines 14 g</td><td></td></tr><tr><td>Cholesterol / Cholestérol 0 mg</td><td>0 %</td></tr><tr><td>Sodium 1030 mg</td><td>45 %</td></tr><tr><td>Potassium 650 mg</td><td>15 %</td></tr><tr><td>Calcium 125 mg</td><td>10 %</td></tr><tr><td>Iron / Fer 4.5 mg</td><td>25 %</td></tr></tbody></table> <p>*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup</p>	Calories 340	% Daily Value*	% valeur quotidienne*		Fat / Lipides 9 g	12 %	Saturated / saturés 3.5 g	18 %	+ Trans / trans 0 g		Carbohydrate / Glucides 50 g		Fibre / Fibres 19 g	68 %	Sugars / Sucres 10 g	10 %	Protein / Protéines 14 g		Cholesterol / Cholestérol 0 mg	0 %	Sodium 1030 mg	45 %	Potassium 650 mg	15 %	Calcium 125 mg	10 %	Iron / Fer 4.5 mg	25 %
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