

Original

Nutrition Facts

5 servings per container

Serving size 1/4 cup (50g)

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0.4%**

Total Carbohydrate 31g **11%**

Dietary Fiber 6g **21%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 11g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 2.2mg 10%

Potassium 360mg 8%

*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.

INGREDIENTS:

chickpeas.

Maple Brown Sugar

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% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 85mg **9%**

Total Carbohydrate 34g **12%**

Dietary Fiber 5g **18%**

Total Sugars 11g

Includes 7g Added Sugars **14%**

Protein 10g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1.8mg 10%

Potassium 300mg 6%

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INGREDIENTS:

chickpeas, organic cane sugar, sea salt, natural flavors.

Apple Cinnamon

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% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 34g **12%**

Dietary Fiber 5g **18%**

Total Sugars 11g

Includes 6g Added Sugars **12%**

Protein 10g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1.9mg 10%

Potassium 300mg 6%

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INGREDIENTS:

chickpeas, organic cane sugar, diced apples, cinnamon, sea salt, natural flavors.