

Chana Masala Indischer Kichererbsen-Reistopf / Chana Masala (Chickpea Curry with Rice)

Produkt / Product	Chana Masala Indischer Kichererbsen-Reistopf Chana Masala (Chickpea Curry with Rice)
Füllgewicht / Net weight	180g
Wasserzugabe / Added water	360ml
Fertige Menge / Ready quantity	540g
Mindesthaltbarkeitsdatum / Best before	36 Monate ab Produktionsdatum 36 months after production date



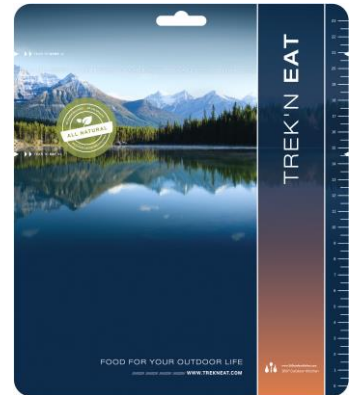
GLUTEN
FREE



LACTOSE
FREE



VEGAN



Zutaten / Ingredients	52% Reis, 22% Kichererbsen, Zucker, Zwiebeln, Speisesalz, Paprika, Gewürze, Apfel, Maltodextrin, Senf , Koriander 52% rice, 22% chickpeas, sugar, onions, table salt, ground paprika, spices, apple, maltodextrin, mustard , coriander
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Allergene / Allergens	Senfsaat Mustard seed
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Zubereitung / Directions	Kochendes Wasser bis zu 7,5 cm auf der Skala (360 ml) direkt in den Beutel gießen, sorgfältig umrühren, Beutel verschließen und 10 Min. ziehen lassen. Pour boiling water directly into the bag up to 7.5 cm on the scale (360 ml), stir thoroughly. Close the bag and let it rest for 10 minutes.
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Durchschnittliche Nährwerte pro 100 g Trockenprodukt / Average nutritional values per 100 g dried product

Brennwert / kJ/kcal	1417/339
Fett / Fat	2,5 g
davon gesättigte Fettsäuren / of which saturated fatty acids	0,5 g
Kohlenhydrate / Carbohydrates	68,0 g
davon Zucker / of which sugar	16,0 g
Ballaststoffe / Fibre	5,7 g
Eiweiss / Protein	9,4 g
Salz / Salt	4,0 g