

# Nutty Chickpea Cup

## Nutrition Facts

1 serving per container

**Serving size** (0.0g)

**Amount Per Serving**

**Calories** **370**

**% Daily Value\***

**Total Fat** 23g **29%**

Saturated Fat 2.5g **13%**

*Trans Fat* 0g

**Cholesterol** 15mg **5%**

**Sodium** 150mg **7%**

**Total Carbohydrate** 35g **13%**

Dietary Fiber 8g **29%**

Total Sugars 12g

Includes 5g Added Sugars **10%**

**Protein** 10g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 3.1mg 15%

Potassium 370mg 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, CELERY, MAYO, WALNUTS, CRANBERRIES, TARRAGON

CONTAINS: WALNUT

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104

# Nutty Chickpea Cup Box Lunch

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>(0.0g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>650</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 43g	<b>55%</b>
Saturated Fat 14g	<b>70%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 62g	<b>23%</b>
Dietary Fiber 12g	<b>43%</b>
Total Sugars 20g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 13g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 3.8mg	20%
Potassium 840mg	20%
<small>* 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.</small>	

INGREDIENTS: CHICKPEAS, MACARON, CELERY, CHIPS, MAYO, WALNUTS, CRANBERRIES, TARRAGON

CONTAINS: WALNUT

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104

# Nutty Chickpea Sandwich

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>(0.0g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>590</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 26g	<b>33%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 490mg	<b>21%</b>
<b>Total Carbohydrate</b> 79g	<b>29%</b>
Dietary Fiber 18g	<b>64%</b>
Total Sugars 22g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 20g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 5.3mg	30%
Potassium 560mg	10%
<small>* 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.</small>	

INGREDIENTS: DAVE'S KILLER BREAD, CHICKPEAS, CELERY, MAYO, WALNUTS, CRANBERRIES, TARRAGON

CONTAINS: WALNUT

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104

# Nutty Chickpea Sandwich Box Lunch

## Nutrition Facts

1 serving per container

**Serving size** (0.0g)

**Amount Per Serving**

**Calories** **870**

**% Daily Value\***

**Total Fat** 46g **59%**

Saturated Fat 14g **70%**

*Trans Fat* 0g

**Cholesterol** 15mg **5%**

**Sodium** 610mg **27%**

**Total Carbohydrate** 106g **39%**

Dietary Fiber 22g **79%**

Total Sugars 30g

Includes 5g Added Sugars **10%**

**Protein** 23g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 6mg 35%

Potassium 1030mg 20%

\* 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: DAVE'S KILLER BREAD, CHICKPEAS, MACAROON, CELERY, CHIPS, MAYO, WALNUTS, CRANBERRIES, TARRAGON

CONTAINS: WALNUT

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104

# Nutty Chickpea Salad on a Salad

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>(366g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>630</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 39g	<b>50%</b>
Saturated Fat 5g	<b>25%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 67g	<b>24%</b>
Dietary Fiber 10g	<b>36%</b>
Total Sugars 39g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	0%
Calcium 160mg	10%
Iron 4.5mg	25%
Potassium 800mg	15%
<small>* 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.</small>	

INGREDIENTS: SPRING MIX, CHICKPEAS, TOMATOES, HONEY, CARROT, JELLY, CELERY, WALNUTS, CRANBERRIES, MAYO, OLIVE OIL, RED WINE VINEGAR, TARRAGON

CONTAINS: WALNUT

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104