



# CHANA MASALA

**PRODUCT CODE: 65534HAVNZ**  
**GTIN: 4 08 1203900 355 0**

## Nutrition Facts

Serving Size 3.52 oz (100 g)  
 Servings per Container

Amount Per Serving

**Calories 77.65** Calories from Fat 25.22

% Daily Value\*

**Total Fat** 2.80 g

Saturated Fat .41 g

Trans Fat .02 g

**Cholesterol** .29 mg

**Sodium** 397.10 mg

**Total Carbohydrate** 10.32 g

Dietary Fiber 2.18 g

Sugars 1.58 g

**Protein** 3.09 g

Vitamin A 132.30 IU

Vitamin C 3.03 mg

Calcium 26.46 mg

Iron .77 mg

Potassium 41.83 mg

\* % Daily Value is based on a 2,000 calorie diet.

## CHANA MASALA

Chana masala is a popular vegan dish in North Indian cuisine. The main ingredient is chickpeas. It is fairly dry and has a balanced spice profile with cumin-based heat. Stewed tomatoes and ground pomegranate seeds provide a slightly tart flavor. It can be eaten as a side or an entree by itself.



**Ingredients:** Chick Peas (with Water, Salt, Disodium EDTA to preserve color), Water, Minced Tomatoes (Tomatoes, Tomato Juice, Salt, Citric Acid and Calcium Chloride), Red Onion, Soybean Oil, Corn Starch, Spices, Garlic, Ginger, Paprika (Color), Salt, Black Salt, Mango Puree, Pomegranate Powder, Turmeric (Color). May Contain Gluten.

**Cooking and Handling:** Keep frozen (< 10° F). For safe food handling, place unopened pouch in hot water and heat to a minimum internal temperature of 165° F. Carefully cut corner and pour into holding vessel.

**Shelf Life:** Store frozen below 10° F. Frozen shelf life is one year. After thawing, store below 45° F for a maximum of five days. Once opened, use within 48 hours.

### Case Configuration

Case Pack: 4 x 4 lb. pouches

Net Weight: 16 lb.

Gross Weight: 17 lb.

Case Cube: 0.382

### Pallet Information

TI/HI: 13/9

Cases per pallet: 117

### Dimensions

Length: 14.25"

Width: 9.75"

Height: 4.75"

### Features & Benefits

- Bright, aromatic flavors with perfect balance
- Perfect size for batch cooking

### Contact Info/Questions?

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**masala** flavors of india  
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