

Eat Right and Light

Boutique salads





■ ■ ■ Hummus and Tahini

- Golden Hummus
- Hummus with Zaatar
- Hummus Masbacha
- Spicy Hummus
- Tahini



Golden hummus – 250g

7290010346004



Component:

Cooked hummus [water, hummus, acidity regulator (sodium bicarbonate)] (53%)

raw tahini (22%)

water

Soybean oil

Table salt

Preservative: preservative solution for salads

Acidity regulator: citric acid

Nutritional value per 100g:

Energy (cal): 309

Total fats (g): 22.9

of which:

Saturated fatty acids (g): 3.3

Trans fatty acids (g): <0.5

Cholesterol (mg): 0

Sodium (mg): 346

Total carbohydrates (g): 14.4

of which:

Sugars (g): 2.5

teaspoons of sugar: 0.5

Proteins (g): 8.6

Information on allergenic ingredients: Contains: sesame, soy. May contain: eggs, fish.

Keep refrigerated up to 4°C

Hummus with Zaatar - 250g

7290115413847



Component:

Cooked hummus [water, hummus, acidity regulator (sodium bicarbonate)] (50%)
Tahini (18%)
Water, Soybean oil, Table salt
Corn starch, Dried garlic, Za'atar (0.1%)
Acidity regulator: (lemon salt)
Stabilizer (xanthan gum)
Preservative (potassium sorbate)

Nutritional value per 100g:

Energy (cal): 360

Total fats (g): 30

of which:

Saturated fatty acids (g): 3.7

Trans fatty acids (g): <0.5

Cholesterol (mg): 2.5

Sodium (mg): 300

Total carbohydrates (g): 14.8

of which:

Sugars (g): 2.4

teaspoons of sugar: 0.5

Proteins (g): 7.2

Information on allergenic ingredients: Contains: sesame, soy. May contain: eggs, fish.

Keep refrigerated up to 4°C



Hummus Masabacha – 250g

7290010346202



Component:

Cooked hummus [water, hummus, acidity regulator (sodium bicarbonate)] (57%)
tahini (15%)

water, soybean oil, table salt

Acidity regulator: (lemon salt, white sugar, potassium sorbate)

Chickpea Masabacha sauce:

Cooked chickpeas (30%) [water, chickpeas, acidity regulator (sodium bicarbonate)]
green pepper (31%)

Soybean oil, spices, table salt, vinegar, potassium sorbet
stabilizer (xanthan gum)

Nutritional value per 100g:

Energy (cal): 237

Total fats (g): 16.6

of which:

Saturated fatty acids (g): 2.6

Trans fatty acids (g): <0.5

Cholesterol (mg): 0

Sodium (mg): 360

Total carbohydrates (g): 13.2

of which:

Sugars (g): 2.9

teaspoons of sugar: 0.75

Proteins (g): 6.3

Information on allergenic ingredients: Contains: sesame, soy. May contain: eggs, fish.

Keep refrigerated up to 4°C



Spicy Hummus – 250g

7290010347544



Component:

Cooked hummus [water, hummus, acidity regulator (sodium bicarbonate)] (57%)
tahini (15%)

water, soybean oil, table salt, corn starch

Acidity regulator (lemon salt, white sugar, potassium sorbate)

Chickpea spicy sauce:

Cooked chickpeas (30%) [water, chickpeas, acidity regulator (sodium bicarbonate)]
red pepper (31%)

Soybean oil, spices, table salt, vinegar, potassium sorbet
stabilizer (xanthan gum)

Nutritional value per 100g:

Energy (cal): 231

Total fats (g): 15.9

of which:

Saturated fatty acids (g): 2.5

Trans fatty acids (g): <0.5

Cholesterol (mg): 0

Sodium (mg): 452

Total carbohydrates (g): 13.2

of which:

Sugars (g): 2.9

teaspoons of sugar: 0.75

Proteins (g): 6.2

Information on allergenic ingredients: Contains: sesame, soy. May contain: eggs, fish.

Keep refrigerated up to 4°C



Tahini – 250g

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Component:

- Raw tahini (38%)
- Water
- Soybean oil
- Table salt
- White sugar, crushed garlic
- Acidity regulator (citric acid), stabilizer (xanthan gum)
- Preservative (potassium sorbate)

Nutritional value per 100g:

Energy (cal): 278	Sodium (mg): 350
Total fats (g): 23.8	Total carbohydrates (g): 7.6
of which:	of which:
Saturated fatty acids (g): 3.4	Sugars (g): 0
Trans fatty acids (g): 0.5	teaspoons of sugar: 0
Cholesterol (mg): 0	Proteins (g): 6.9

Information on allergenic ingredients: Contains: sesame, soy. May contain: eggs, fish.

Keep refrigerated up to 4°C



Salads

- Beetroot salad
- Moroccan carrot salad
- Matbucha Salad
- Baked eggplant with mayonnaise
- Spanish eggplant salad
- Turkish salad
- Carrot salad with lemon



Beetroot salad – 250g

7290010347995



Component:

Beetroot (87%)
Water, table salt, white sugar
acidity regulator (citric acid)
Preservative (potassium sorbate)

Nutritional value per 100g:

Energy (cal): 69
Total fats (g): 0

Sodium (mg): 376

Total carbohydrates (g): 14.5
of which:

Sugars (g): 14.5
teaspoons of sugar: 3.5

Proteins (g): 1.5

Information on allergenic ingredients: Contains: sesame, soy. May contain: eggs, fish.

Keep refrigerated up to 4°C



Moroccan carrot salad – 250g

7290010347100

Component:

Carrot (39%)
Red pepper, hot pepper, marinated garlic, garlic chips
Vinegar, spices, soybean oil
Water, white sugar, table salt
Acidity regulator (citric acid)
Preservative (potassium sorbate)

Nutritional value per 100g:

Energy (cal): 95	Sodium (mg): 780
Total fats (g): 2.6	Total carbohydrates (g): 16
of which:	of which:
Saturated fatty acids (g): 0.4	Sugars (g): 12.9
Trans fatty acids (g): 0.5	teaspoons of sugar: 3.25
Cholesterol (mg): 0	Proteins (g): 0.9

Information on allergenic ingredients: Contains: soy. May contain: sesame, eggs, fish.

Keep refrigerated up to 4°C





Matbucha Salad – 250g

7290010347193

Component:

Tomatoes (66%)
green pepper (19%)
Hot green pepper, crushed garlic, spices
Water, table salt, white sugar, soybean oil
Acidity regulator (citric acid)
Preservative (potassium sorbate)

Nutritional value per 100g:

Energy (cal): 78

Total fats (g): 5

of which:

Saturated fatty acids (g): 0.8

Trans fatty acids (g): <0.5

Cholesterol (mg): 0

Sodium (mg): 727

Total carbohydrates (g): 6

of which:

Sugars (g): 5.1

teaspoons of sugar: 1.25

Proteins (g): 1.3

Information on allergenic ingredients: Contains soy. May contain: :
eggs, sesame, fish.

Keep refrigerated up to 4°C

Baked eggplant with mayonnaise –

250g

7290010346059



Component:

Eggplant (40%)
Water, table salt, white sugar, soy oil, corn starch
Egg yolk powder, crushed garlic, spices
Acidity regulator (citric acid), stabilizer (xanthan gum)
Preservative (potassium sorbate)

Nutritional value per 100g:

Energy (cal): 371

Total fats (g): 33.1

of which:

Saturated fatty acids (g): 5.3

Trans fatty acids (g): <0.5

Cholesterol (mg): 25

Sodium (mg): 360

Total carbohydrates (g): 16.7

of which:

Sugars (g): 1.7

teaspoons of sugar: 0

Proteins (g): 0.9

Information on allergenic ingredients: Contains: eggs, soy. May contain: sesame, fish.

Keep refrigerated up to 4°C



Spanish eggplant salad – 250g

7290010346066

Component:

Fried eggplant (48%)
Tomato paste, onion, hot paprika
Vinegar, white sugar, table salt, water
Preservative (potassium sorbate)

Nutritional value per 100g:

Energy (cal): 106

Total fats (g): 5.3

of which:

Saturated fatty acids (g): 0.6

Trans fatty acids (g): <0.5

Cholesterol (mg): 24

Sodium (mg): 542

Total carbohydrates (g): 10

of which:

Sugars (g): 4.1

teaspoons of sugar: 1

Proteins (g): 2.6

Information on allergenic ingredients: Contains: soy. May contain: eggs, sesame, fish.

Keep refrigerated up to 4°C



Turkish salad – 250g

7290010347193

Component:

Red pepper, Onion, Tomato paste
Water, White sugar, Table salt
Soybean oil, Spices
acidity regulator (lemon salt)
Preservative (potassium sorbate)

Nutritional value per 100g:

Energy (cal): 113

Total fats (g): 6.1

of which:

Saturated fatty acids (g): 0.9

Trans fatty acids (g): <0.5

Cholesterol (mg): 0

Sodium (mg): 619

Total carbohydrates (g): 12.2

of which:

Sugars (g): 8

teaspoons of sugar: 2.75

Proteins (g): 1.3

Information on allergenic ingredients: Contains: soy. May contain: eggs, sesame, fish.

Keep refrigerated up to 4°C

The image shows the ingredients for carrot salad with lemon: two whole carrots, a whole green pepper, and a sliced lemon. Below these are two clear plastic containers filled with shredded carrot salad. One container is a retail package with Hebrew text: 'סקט גזר בלימון חרף כ-250 גרם נשלף לאוכלי קיסניות' and a logo. The other is a simple clear container. A white knife is visible on the right side of the image.

Carrot salad with lemon – 250g

7290010346424

Component:

Carrot (42%)
Hot green pepper (2%)
Red pepper (1%), Green pepper (1%)
Vinegar (5%), Water, Table salt, White sugar, Soybean oil
Acidity regulator [lemon salt (1%)]
Preservative (potassium sorbate)

Nutritional value per 100g:

Energy (cal): 62
Total fats (g): 0

Sodium (mg): 318

Total carbohydrates (g): 13.8
of which:

Sugars (g): 13
teaspoons of sugar: 3.25
Proteins (g): 0

Information on allergenic ingredients: Contains soy. May contain :
eggs, sesame, fish.

Keep refrigerated up to 4°C



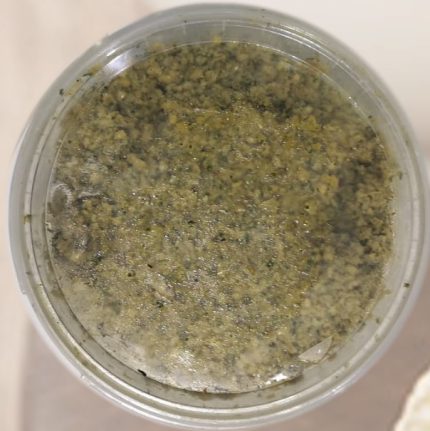
Falafel

- Paste for making Falafel balls



Paste for making Falafel balls – 1000g

7290010346424



Component:

Hummus (73%)
Onion, parsley, garlic, chili
Black pepper, table salt, water, cumin
Potato flour, corn starch
Baking soda, baking powder
Preservative (potassium sorbate)
acidity stabilizer (citric acid)

Nutritional value per 100g:

Energy (cal): 284

Total fats (g): 4.7

of which:

Saturated fatty acids (g): 0.5

Trans fatty acids (g): <0.5

Cholesterol (mg): 0

Sodium (mg): 967

Total carbohydrates (g): 40.3

of which:

Sugars (g): 8.2

teaspoons of sugar: 2

Proteins (g): 15.5

Information on allergenic ingredients: Contains soy. May contain: :
eggs, sesame, fish.

Keep refrigerated up to 4°C