

Végane / Vegan

Lebanese Maghmour Libanais

340g

frenco

VEGANE DEPUIS 1976 VEGAN SINCE 1976

Ingrédients: Israeli couscous, chickpeas, eggplant, tomatoes, onions, canola oil, mint, garlic, turmeric, sugar, paprika

Ingredients: couscous israélien, pois chiches, aubergine, tomates, oignons, huile de canola, menthe, ail, curcuma, sucre, paprika

MISE EN GARDE - ALLERGIES : Peut contenir des traces de gluten, produits laitiers, graines de sésame, soja, œufs, arachides et noix.

ALLERGY WARNING : May contain traces of gluten, milk products, sesame seeds, soy, eggs, peanuts and nuts.

**Fabriqué au Canada /
Made in Canada**

pour/for Frenco inc.
Québec, H2W 1Y4
514-285-1396
www.frenco.ca



Valeur nutritive / Nutrition Facts

pour 1 portion (340g)/Per 1 portion (340g)

Teneur Amount	% Valeur quotidienne % Daily value
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Calories	284
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Lipides / Fat 8.2g	13%
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Saturés / saturated 0.8g	4%
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+ Trans / trans 0g	0%
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Cholestérol / Cholesterol 0g	
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Sodium / Sodium 305mg	13%
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Glucides / Carbohydate 46.5g	16%
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Fibres / Fibers 10.3g	41%
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Sucres / Sugars 5.6g	
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Protéines / Protein 9.3g	19%
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Vitamine A / Vitamin A	26%
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Vitamine C / Vitamin C	24%
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Calcium / Calcium	21%
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Fer / Iron	61%
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