

HUMMUS FRIES

NATURE'S
CLASSIC™
Premium Quality

Savoury Fries made with Green Chickpeas

Upgrade Your Fries

HUMMUS FRIES are a new take on a favorite food. These delicious fries are made with the wholesomeness of non-gmo green chickpeas, a special blend of seasonings and spices mixed with the light fresh taste of cilantro giving the fries their flavorful taste and crispy texture.



- Add Hummus Fries to Every Plate
- healthy alternative to french fries
- use in wraps and salads
- add as a side dish to sandwiches

Green Chickpea Facts

- All-natural non-allergenic plant based source of protein
- High in fibre: 20% of your daily requirement per serving
- Naturally low in fat, saturated fat cholesterol, and sodium
- High in folate and good source of iron for healthy red blood cells
- Fresh Picked Green Chickpeas have a more flavourful taste than regular canned blond chickpeas
- Fresh Picked Green Chickpeas are harvested at their peak of freshness and are nutrition packed
- Fresh Picked Green Chickpeas support sustainable agricultural practices

What Makes them Green?

Picked early, a GREEN CHICKPEA is simply a normal garbanzo bean harvested while immature and still in its live green state full of natural moisture and colour. Green Chickpeas do not need to be reconstituted with water & preservatives, rather they are rushed from the field to be washed, blanched and flash frozen, locking in the natural colour, moisture, nutrition and flavour!

Nutrition Facts Valeur nutritive

per 7 pieces (84 g) par 7 pièces (84 g)

| Amount Teneur par portion | % Daily Value % valeur quotidienne |
|--|---------------------------------------|
| Calories / Calories 180 | |
| Total Fat / Lipides 8 g | 12 % |
| Saturated / saturés 0.5 g + Trans / trans 0 g | 3 % |
| Cholesterol / Cholestérol 0 mg | |
| Sodium / Sodium 390 mg | 16 % |
| Total Carbohydrate / Glucides 22 g | 7 % |
| Dietary Fibre / Fibres alimentaires 5 g | 20 % |
| Sugars / Sucres 2 g | |
| Protein / Protéines 5 g | |
| Vitamin A / Vitamine A | 6 % |
| Vitamin C / Vitamine C | 4 % |
| Calcium / Calcium | 2 % |
| Iron / Fer | 6 % |



Ingredients: Green Garbanzo Beans, Rice Flour, White Rice Meal, Canola Oil, Water, Onion, Garlic, Spices, Olive Oil, Potato Starch, Crystallized Lemon Juice (Dried Lemon Juice, Citric Acid, Malic Acid, Lemon Oil, Lemon Juice, Ascorbic Acid [Vitamin C], Lemon Essential Oil, Maltodextrin, Silicon Dioxide), Modified Potato Starch, Modified Food Starch, Potato Dextrin, Dextrose, Salt, Corn Starch, Egg Whites, Tapioca Dextrin, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Modified Tapioca Starch, Sugar, Xanthan Gum. **ALLERGENS:** Egg. Processed in a Facility That Also Processes: Wheat, Milk, Soy