

VEGGIE CAKES

NATURE'S
CLASSIC™
Premium Quality

Savory Cakes made with Fresh Green Chickpeas

Easy & Versatile

VEGGIE CAKES are hand prepared from fresh picked Green Chickpeas, grilled and flavored to perfection to provide customers with an extremely healthy and fresh ready to eat veggie cake. They are easy to handle and versatile in use, from wraps to sandwiches, appetizers to healthy afternoon snacks, Green Chickpea Veggie Cakes are perfect for any use.

- Vegetarian
- Grilled, not Fried
- Protein, Fibre & Iron
- Just Heat & Serve



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 cake (43 g/1.5 oz) par cake (43 g/1.5 oz)	
Amount	% Daily Value
Teneur par portion	% valeur quotidienne
Calories / Calories 60	
Total Fat / Lipides 1 g	2 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 290 mg	12 %
Total Carbohydrate / Glucides 10 g	3 %
Dietary Fibre / Fibres alimentaires 2 g	8 %
Sugars / Sucres 1 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	2 %
Iron / Fer	4 %



Ingredients: Green Garbanzos, Water, Panko Bread Crumbs (Wheat Flour Contains 2% or Less of the following: Sugar, Yeast, Soybean Oil, Salt), Onions, Olive Oil, Garlic, Sea Salt, Parsley, Cilantro, Vegetable Base (Corn Syrup Solids, Dehydrated Onions, Leeks and Tomatoes, Yeast Extract, Salt, Spice and Spice Extracts, Guar Gum), Cumin, Black Pepper, Coriander, Cayenne Pepper. **Allergens:** Contains Wheat