

afia MEDITERRANEAN SIDE DISH

CRISPY ONION & LENTIL



5lb
Resealable
Bag

A signature Middle Eastern dish of lentils, rice, and deeply caramelized onions - a comfort classic!

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Nutrition Facts

About 20 servings per container

Serving size (116g)

Amount per serving

Calories **170**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 23g **8%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes <1g Added Sugars **1%**

Protein 4g **8%**

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.9mg 6%

Potassium 160mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: long grain rice, lentils (lentils, water, salt, calcium chloride), pomegranate dressing [water, sunflower oil, pomegranate juice concentrate, garlic, extra virgin olive oil, yeast extract, salt, citric acid, cardamon, cloves], red quinoa (red quinoa, water, salt), crispy onions (onions, sunflower oil), parsley, sunflower oil, yeast extract, salt

Produced in a facility that may process wheat and sesame.

SPECIFICATIONS

UNIT WEIGHT: 5lbs

UNITS PER CASE: 2

CASE TOTAL WEIGHT: 10lbs

CASES PER PALLET: 176

SHELF LIFE (FROZEN): 24mo from production

 **STORAGE:** Keep Frozen



THIS PRODUCT IS A READY TO COOK - IT IS NOT RTE

AFIAFOODS.COM ♦  /afiafoods ♦ **FOR MORE INFORMATION EMAIL:** foodservice@afiafoods.com