



**GREEK GASTRONOMY
TRAVELS IN A TRAY**

SERVING SUGGESTION



CHICKPEAS SOUP

INGREDIENTS

Water, chickpeas (18%), frozen diced onion, extra virgin olive oil, **MUSTARD** (water, **MUSTARD SEEDS**, vinegar, sugar, salt, natural coloring: curcumin, stabilizers: xanthan gum, aromatic compounds) natural lemon juice, garlic, salt, corn starch, dill, black ground pepper, laurel leaves.

ALLERGENS STATEMENT

The product contains: **MUSTARD**.

Allergens are marked in bold.



HO.RE.CA TRAY
(2000g / 70.548 Oz)
ALSO AVAILABLE IN
RETAIL TRAY
(330g / 11.64 Oz)



preparation instructions

Take the container out of the deep freeze.
Pierce the plastic film in 4 spot.

HO.RE.CA TRAY



190°C/374°F
HEATING TIME **35'-40'**



1800watt
HEATING TIME **11'**

RETAIL TRAY



190°C/374°F
HEATING TIME **25'-30'**



1000watt
HEATING TIME **7'-8'**

NUTRITION INFO PER 100g

ENERGY	FAT	of which SATURATES	CARBOHYDRATES	of which SUGARS	FIBRE	PROTEINS	SODIUM	SALT
589kJ 141kcal	7.9g	1.1g	11.7g	1.5g	3.0g	4.3g	404mg	1.01g
7*	11*	6*	5*	2*	-	9*	-	17*

*% adult RI per 100g RI = Reference intake of an average adult (8400 kJ / 2000 kcal)

SCAN ME



Times are indicative and may vary depending on the oven used, temperature of the food should be at least 75°C/167°F throughout.
At the end of the heating time, remove the plastic film.
The product after reheating is kept warm at a temperature of over 60°C/140°F.

AFTER THE INITIAL REHEATING DO NOT REHEAT