



CK Curried Chickpea Salad
Sandwich (Nov24)

Nutrition Facts

1 serving per container			
Serving size	1 Sandwich (270g)		
Amount Per Serving			
Calories	520		
Total Fat 17g			% Daily Value*
Saturated Fat 2g			22%
Trans Fat 0g			10%
Cholesterol 0mg			0%
Sodium 1140mg			50%
Total Carbohydrate 77g			28%
Dietary Fiber 13g			46%
Total Sugars 19g			
Includes 9g Added Sugars			18%
Protein 21g			
Vitamin D 0mcg			0%
Calcium 210mg			15%
Iron 5.9mg			35%
Potassium 480mg			10%

*This % 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: CHICK PEAS, WATER, SALT, DISODIUM EDTA (FOR COLOR RETENTION), HEARTY GRAIN BREAD (WATER, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NACIN, REDUCED IRON, THIAMINE, MONONITRATE, POTASSIUM, CALCIUM, CHOLESTEROL, SUGAR), WHOLE WHEAT FLOUR, GRANULATED SUGAR, YEAST, WHEAT GLUTEN, SUNFLOWER SEEDS, 100% HULLED SESAME SEEDS, BLACK SESAME SEEDS, HULLED MILLET FLOUR, BARLEY, SALT, PRECOOKED LONG GRAIN BROWN RICE, DOUGH IMPROVER (MALTED WHEAT FLOUR, ENZYMES AND 2% OR LESS OF ASCORBIC ACID), CALCIUM PROPIONATE (TO RETAIN FRESHNESS), POPPY SEEDS, SUGARCANE MOLASSES), TOMATOES, SOYBEAN OIL, WATER, SUGAR, DISTILLED VINEGAR, SALT, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: MODIFIED FOOD STARCH, COCONUT OIL, LEMON JUICE, CONCENTRATE, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (USED TO PROTECT QUALITY), PAPRIKA OLEORESIN, LETTUCE, ONION, RAISINS, PICKLE RELISH, SWEET (PICKLES,FRUCTOSE, VINEGAR, WATER, SALT, XANTHAN GUM, RED PEPPERS, MUSTARD SEED, NATURAL FLAVORS, CELERY SEED, CALCIUM CHLORIDE (FIRMING AGENT), POLYSORBATE 80, SODIUM BENZOATE (PRESERVATIVE) AND TURMERIC (FOR COLOR), RAISINS, PARSLEY, CELERY, CURRY POWDER, MUSTARD SEED, MUSTARD OIL, MUSTARD SEED, MUSTARD SEED, SALT, WHITE WINE, FRUIT PECTIN, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE), LIME JUICE, BLACK PEPPER

CONTAINS: WHEAT, SOY, SESAME
DISTRIBUTED BY: CANTEEN
2400 YORKMONT RD
CHARLOTTE, NC, 28217



CK Curried Chickpea Salad
Sandwich (Nov24)

Nutrition Facts

1 serving per container			
Serving size	1 Sandwich (270g)		
Amount Per Serving			
Calories	520		
Total Fat 17g			% Daily Value*
Saturated Fat 2g			22%
Trans Fat 0g			10%
Cholesterol 0mg			0%
Sodium 1140mg			50%
Total Carbohydrate 77g			28%
Dietary Fiber 13g			46%
Total Sugars 19g			
Includes 9g Added Sugars			18%
Protein 21g			
Vitamin D 0mcg			0%
Calcium 210mg			15%
Iron 5.9mg			35%
Potassium 480mg			10%

*This % 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: CHICK PEAS, WATER, SALT, DISODIUM EDTA (FOR COLOR RETENTION), HEARTY GRAIN BREAD (WATER, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NACIN, REDUCED IRON, THIAMINE, MONONITRATE, POTASSIUM, CALCIUM, CHOLESTEROL, SUGAR), WHOLE WHEAT FLOUR, GRANULATED SUGAR, YEAST, WHEAT GLUTEN, SUNFLOWER SEEDS, 100% HULLED SESAME SEEDS, BLACK SESAME SEEDS, HULLED MILLET FLOUR, BARLEY, SALT, PRECOOKED LONG GRAIN BROWN RICE, DOUGH IMPROVER (MALTED WHEAT FLOUR, ENZYMES AND 2% OR LESS OF ASCORBIC ACID), CALCIUM PROPIONATE (TO RETAIN FRESHNESS), POPPY SEEDS, SUGARCANE MOLASSES), TOMATOES, SOYBEAN OIL, WATER, SUGAR, DISTILLED VINEGAR, SALT, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: MODIFIED FOOD STARCH, COCONUT OIL, LEMON JUICE, CONCENTRATE, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (USED TO PROTECT QUALITY), PAPRIKA OLEORESIN, LETTUCE, ONION, RAISINS, PICKLE RELISH, SWEET (PICKLES,FRUCTOSE, VINEGAR, WATER, SALT, XANTHAN GUM, RED PEPPERS, MUSTARD SEED, NATURAL FLAVORS, CELERY SEED, CALCIUM CHLORIDE (FIRMING AGENT), POLYSORBATE 80, SODIUM BENZOATE (PRESERVATIVE) AND TURMERIC (FOR COLOR), RAISINS, PARSLEY, CELERY, CURRY POWDER, MUSTARD SEED, MUSTARD OIL, MUSTARD SEED, MUSTARD SEED, SALT, WHITE WINE, FRUIT PECTIN, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE), LIME JUICE, BLACK PEPPER

CONTAINS: WHEAT, SOY, SESAME
DISTRIBUTED BY: CANTEEN
2400 YORKMONT RD
CHARLOTTE, NC, 28217



CK Curried Chickpea Salad
Sandwich (Nov24)

Nutrition Facts

1 serving per container			
Serving size	1 Sandwich (270g)		
Amount Per Serving			
Calories	520		
Total Fat 17g			% Daily Value*
Saturated Fat 2g			22%
Trans Fat 0g			10%
Cholesterol 0mg			0%
Sodium 1140mg			50%
Total Carbohydrate 77g			28%
Dietary Fiber 13g			46%
Total Sugars 19g			
Includes 9g Added Sugars			18%
Protein 21g			
Vitamin D 0mcg			0%
Calcium 210mg			15%
Iron 5.9mg			35%
Potassium 480mg			10%

*This % 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: CHICK PEAS, WATER, SALT, DISODIUM EDTA (FOR COLOR RETENTION), HEARTY GRAIN BREAD (WATER, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NACIN, REDUCED IRON, THIAMINE, MONONITRATE, POTASSIUM, CALCIUM, CHOLESTEROL, SUGAR), WHOLE WHEAT FLOUR, GRANULATED SUGAR, YEAST, WHEAT GLUTEN, SUNFLOWER SEEDS, 100% HULLED SESAME SEEDS, BLACK SESAME SEEDS, HULLED MILLET FLOUR, BARLEY, SALT, PRECOOKED LONG GRAIN BROWN RICE, DOUGH IMPROVER (MALTED WHEAT FLOUR, ENZYMES AND 2% OR LESS OF ASCORBIC ACID), CALCIUM PROPIONATE (TO RETAIN FRESHNESS), POPPY SEEDS, SUGARCANE MOLASSES), TOMATOES, SOYBEAN OIL, WATER, SUGAR, DISTILLED VINEGAR, SALT, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: MODIFIED FOOD STARCH, COCONUT OIL, LEMON JUICE, CONCENTRATE, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (USED TO PROTECT QUALITY), PAPRIKA OLEORESIN, LETTUCE, ONION, RAISINS, PICKLE RELISH, SWEET (PICKLES,FRUCTOSE, VINEGAR, WATER, SALT, XANTHAN GUM, RED PEPPERS, MUSTARD SEED, NATURAL FLAVORS, CELERY SEED, CALCIUM CHLORIDE (FIRMING AGENT), POLYSORBATE 80, SODIUM BENZOATE (PRESERVATIVE) AND TURMERIC (FOR COLOR), RAISINS, PARSLEY, CELERY, CURRY POWDER, MUSTARD SEED, MUSTARD OIL, MUSTARD SEED, MUSTARD SEED, SALT, WHITE WINE, FRUIT PECTIN, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE), LIME JUICE, BLACK PEPPER

CONTAINS: WHEAT, SOY, SESAME
DISTRIBUTED BY: CANTEEN
2400 YORKMONT RD
CHARLOTTE, NC, 28217



CK Curried Chickpea Salad
Sandwich (Nov24)

Nutrition Facts

1 serving per container			
Serving size	1 Sandwich (270g)		
Amount Per Serving			
Calories	520		
Total Fat 17g			% Daily Value*
Saturated Fat 2g			22%
Trans Fat 0g			10%
Cholesterol 0mg			0%
Sodium 1140mg			50%
Total Carbohydrate 77g			28%
Dietary Fiber 13g			46%
Total Sugars 19g			
Includes 9g Added Sugars			18%
Protein 21g			
Vitamin D 0mcg			0%
Calcium 210mg			15%
Iron 5.9mg			35%
Potassium 480mg			10%

*This % 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: CHICK PEAS, WATER, SALT, DISODIUM EDTA (FOR COLOR RETENTION), HEARTY GRAIN BREAD (WATER, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NACIN, REDUCED IRON, THIAMINE, MONONITRATE, POTASSIUM, CALCIUM, CHOLESTEROL, SUGAR), WHOLE WHEAT FLOUR, GRANULATED SUGAR, YEAST, WHEAT GLUTEN, SUNFLOWER SEEDS, 100% HULLED SESAME SEEDS, BLACK SESAME SEEDS, HULLED MILLET FLOUR, BARLEY, SALT, PRECOOKED LONG GRAIN BROWN RICE, DOUGH IMPROVER (MALTED WHEAT FLOUR, ENZYMES AND 2% OR LESS OF ASCORBIC ACID), CALCIUM PROPIONATE (TO RETAIN FRESHNESS), POPPY SEEDS, SUGARCANE MOLASSES), TOMATOES, SOYBEAN OIL, WATER, SUGAR, DISTILLED VINEGAR, SALT, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: MODIFIED FOOD STARCH, COCONUT OIL, LEMON JUICE, CONCENTRATE, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (USED TO PROTECT QUALITY), PAPRIKA OLEORESIN, LETTUCE, ONION, RAISINS, PICKLE RELISH, SWEET (PICKLES,FRUCTOSE, VINEGAR, WATER, SALT, XANTHAN GUM, RED PEPPERS, MUSTARD SEED, NATURAL FLAVORS, CELERY SEED, CALCIUM CHLORIDE (FIRMING AGENT), POLYSORBATE 80, SODIUM BENZOATE (PRESERVATIVE) AND TURMERIC (FOR COLOR), RAISINS, PARSLEY, CELERY, CURRY POWDER, MUSTARD SEED, MUSTARD OIL, MUSTARD SEED, MUSTARD SEED, SALT, WHITE WINE, FRUIT PECTIN, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE), LIME JUICE, BLACK PEPPER

CONTAINS: WHEAT, SOY, SESAME
DISTRIBUTED BY: CANTEEN
2400 YORKMONT RD
CHARLOTTE, NC, 28217



CK Curried Chickpea Salad
Sandwich (Nov24)

Nutrition Facts

1 serving per container			
Serving size	1 Sandwich (270g)		
Amount Per Serving			
Calories	520		
Total Fat 17g			% Daily Value*
Saturated Fat 2g			22%
Trans Fat 0g			10%
Cholesterol 0mg			0%
Sodium 1140mg			50%
Total Carbohydrate 77g			28%
Dietary Fiber 13g			46%
Total Sugars 19g			
Includes 9g Added Sugars			18%
Protein 21g			
Vitamin D 0mcg			0%
Calcium 210mg			15%
Iron 5.9mg			35%
Potassium 480mg			10%

*This % 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: CHICK PEAS, WATER, SALT, DISODIUM EDTA (FOR COLOR RETENTION), HEARTY GRAIN BREAD (WATER, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NACIN, REDUCED IRON, THIAMINE, MONONITRATE, POTASSIUM, CALCIUM, CHOLESTEROL, SUGAR), WHOLE WHEAT FLOUR, GRANULATED SUGAR, YEAST, WHEAT GLUTEN, SUNFLOWER SEEDS, 100% HULLED SESAME SEEDS, BLACK SESAME SEEDS, HULLED MILLET FLOUR, BARLEY, SALT, PRECOOKED LONG GRAIN BROWN RICE, DOUGH IMPROVER (MALTED WHEAT FLOUR, ENZYMES AND 2% OR LESS OF ASCORBIC ACID), CALCIUM PROPIONATE (TO RETAIN FRESHNESS), POPPY SEEDS, SUGARCANE MOLASSES), TOMATOES, SOYBEAN OIL, WATER, SUGAR, DISTILLED VINEGAR, SALT, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: MODIFIED FOOD STARCH, COCONUT OIL, LEMON JUICE, CONCENTRATE, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (USED TO PROTECT QUALITY), PAPRIKA OLEORESIN, LETTUCE, ONION, RAISINS, PICKLE RELISH, SWEET (PICKLES,FRUCTOSE, VINEGAR, WATER, SALT, XANTHAN GUM, RED PEPPERS, MUSTARD SEED, NATURAL FLAVORS, CELERY SEED, CALCIUM CHLORIDE (FIRMING AGENT), POLYSORBATE 80, SODIUM BENZOATE (PRESERVATIVE) AND TURMERIC (FOR COLOR), RAISINS, PARSLEY, CELERY, CURRY POWDER, MUSTARD SEED, MUSTARD OIL, MUSTARD SEED, MUSTARD SEED, SALT, WHITE WINE, FRUIT PECTIN, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE), LIME JUICE, BLACK PEPPER

CONTAINS: WHEAT, SOY, SESAME
DISTRIBUTED BY: CANTEEN
2400 YORKMONT RD
CHARLOTTE, NC, 28217

