

Aqua Premium Chickpeas 400g

Ingredients:

Whole chickpeas (Extra premium) - water - salts -sugar - citric acid (acidity regulator) -calcium di-sodium EDTA(E385) for color retention

Nutrition Facts

Serving size ½ cup (130 g)

Serving per container 3

Amount per serving

Calories 60 kcal (from Fat 10%)

	Daily Value		Daily Value
Total Fat 1 g	9%	Vitamin A	0%
Saturated Fat 0 g	5%	Vitamin C	0%
Trans Fat 0 g	0%	Calcium	2%
Cholesterol 0 mg	0%	Iron	6%
Sodium 1000 mg	10%		
Total Carbohydrate 12 g	3%		
Dietary Fiber 3 g	0%		
Sugars 4 g (Includes 0 g of added sugar)	0%		
Protein 3g	0%		

Aqua Premium Fava Beans 400g

Ingredients:

Premium Fava Beans - water - salts -sugar - citric acid (acidity regulator) -calcium di-sodium EDTA(E385) for color retention

Nutrition Facts

Serving size ½ cup (130 g)

Serving per container 3

Amount per serving

Calories 100 kcal ng

Calories 120 Kcal (from Fat 10%)

	Daily Value		Daily Value
Total Fat 1g	2%	Protein 7g	5.38%
Saturated Fat 0 g	0%	Vitamin A	0%
Trans Fat 0 g	0%	Vitamin C	6%
Cholesterol 0 mg	0%	Calcium	2%
Sodium 430 mg	20%	Iron	8%
Total Carbohydrate 15 g	5%		
Dietary Fiber 7g	28%		
Sugars 1g	0.77		

Aqua Premium Red Kidney Beans 400g

Ingredients:

Whole Red Kidney Beans (Extra premium) - water - salts -sugar - citric acid (acidity regulator) -calcium di-sodium EDTA(E385) for color retention

Nutrition Facts

Serving size ½ cup (130 g)

Serving per container 3

Amount per serving

Calories 120 Kcal (from Fat 10%)

	Daily Value		Daily Value
Total Fat 0g	0%	Protein 9g	7%
Saturated Fat 0 g	0%	Vitamin A	0%
Trans Fat 0 g	0%	Calcium	4%
Cholesterol 0 mg	0%	Iron	13%
Sodium 440 mg	20%	Vitamin C	4%
Total Carbohydrate 19 g	6%		
Dietary Fiber 10g	40%		
Sugars 2g	1.5%		
Added Sugar 0g	0%		

Aqua Premium Sweet Corn 400g

Ingredients:

Sweet Corn- water - salts -sugar - citric acid (acidity regulator)

Nutrition Facts

Serving size ½ cup (130 g)

Serving per container 3

Amount per serving

Calories 100 Cal (from Fat 15%)

	Daily Value		Daily Value
Total Fat 1.5g	2%	Sugars 4g	0
Saturated Fat 0 g	0%	Includes 3 g of added sugar	5%
Trans Fat 0 g	0%	Vitamin D	0%
Cholesterol 0 mg		Potassium	5%
Sodium 170 mg	7%	Calcium	0%
Total Carbohydrate 16 g	6%	Iron	2%
Dietary Fiber 4 g	16%		
Protein 3g	2.3%		