



## HUMMUS WITH NIGELLA

Hummus (a paste made from chickpeas and tahini) is a traditional Middle Eastern dish, where its nutritive properties have been known and valued for ages and its recipe is transferred from one generation to the next. Now, hummus is also produced in Poland, in our Czyżew production plant. It's a fresh product, characterised by its 21-day sell-by date. Addition of nigella gives it a delicious, distinctive taste and aroma. It can be used as a sandwich paste, a dip for vegetables or a tortilla ingredient.

Packaging: OTHER - polypropylene tray 120 g

### Advantages of the product:

- preservative-free
- source of plant protein
- 100% natural ingredients
- gluten-free

## NUTRITIONAL VALUE PER 100 G:

<b>energy</b>	<b>356 kcal</b>
<b>fat</b>	<b>30 g</b>
<b>sugar</b>	<b>2.2 g</b>
<b>saturated fatty acids</b>	<b>3.3 g</b>
<b>protein</b>	<b>7.0 g</b>
<b>carbohydrates</b>	<b>14.5 g</b>
<b>salt</b>	<b>1.3 g</b>