



Nutrition Facts per 100g	
Protein	7.6 g
Carbohydrate	20.8 g
Fat	2.1 g
Calcium	49 mg
Iron	2.9 mg
Vitamin C	0.8 mg
Calories	119 kcal

Description

Canned **Chickpeas** are a versatile ingredient that can be used in a variety of dishes such as soups, stews, salads, and hummus. They can also be roasted for a crispy snack or added to curries and pasta dishes. Canned chickpeas are a convenient and affordable way to enjoy the benefits of this nutritious legume.

Delivery Terms

- CFR - MARSEILLE PORT

Pricing

0.715 € / Can - 425 gr – size 8
0.765 € / Can - 425 gr – size 10

Packing

Customizable to your preferences, our product also features private label packaging options upon request.

- Can - 425 gr

Storage

Ambient conservation





Nutrition Facts per 100g	
Protein	1 g
Carbohydrate	3.9 g
Fat	0.5 g
Calcium	18 mg
Iron	0.5 mg
Vitamin C	51 mg
Calories	18 kcal

Description

Canned **Jalapeno Peppers** can add a spicy kick to a variety of dishes, such as nachos, tacos, and sandwiches. They can also be used as a topping for pizza or added to soups and stews for added flavor. When using canned jalapeno peppers, it's important to be mindful of the high sodium content and adjust your sodium intake accordingly.

Delivery Terms

- CFR - MARSEILLE PORT

Pricing

0.765 € / Can - 425 gr – Green
0.835 € / Can - 425 gr – Red

Packing

Customizable to your preferences, our product also features private label packaging options upon request.

- Can - 425 gr

Storage

Ambient conservation





Nutrition Facts per 100g	
Protein	2.9 g
Carbohydrate	17.1 g
Fat	1.2 g
Calcium	2 mg
Iron	0.5 mg
Vitamin C	5.5 mg
Calories	86 kcal

Description

Canned **Sweet Corn** is a versatile ingredient that can be used in a variety of dishes, such as salads, soups, stews, and casseroles. It can also be eaten on its own as a side dish or added to cornbread and muffins for added sweetness and texture.

Delivery Terms

- CFR - MARSEILLE PORT

Pricing

0.685 € / Can - 425 gr

Packing

Customizable to your preferences, our product also features private label packaging options upon request.

- Can - 425 gr

Storage

Ambient conservation





Nutrition Facts per 100g	
Protein	5.1 g
Carbohydrate	10.6 g
Fat	0.3 g
Calcium	22 mg
Iron	1.5 mg
Vitamin C	13.2 mg
Calories	64 kcal

Description

Canned **Peas in brine** can be used in a variety of dishes, such as salads, soups, and casseroles. They can also be mashed and used as a side dish or added to stews and curries for added texture and flavor. When using canned peas in brine, it's important to be mindful of the added sodium and adjust your intake accordingly.

Delivery Terms

- CFR - MARSEILLE PORT

Pricing

0.635 € / Can - 425 gr

Packing

Customizable to your preferences, our product also features private label packaging options upon request.

- Can - 425 gr

Storage

Ambient conservation





Nutrition Facts per 100g	
Protein	1.5 g
Carbohydrate	11.5 g
Fat	0.2 g
Calcium	11 mg
Iron	0.5 mg
Vitamin C	2.7 mg
Calories	51 kcal

Description

Canned **Mixed Vegetables** (peas, corn, and carrots) can be used in a variety of dishes, such as stir-fries, soups, and casseroles. They can also be heated and served as a side dish. When using canned vegetables, it's important to be mindful of the added sodium and adjust your intake accordingly.

Delivery Terms

- CFR - MARSEILLE PORT

Pricing

0.625 € / Can - 425 gr

Packing

Customizable to your preferences, our product also features private label packaging options upon request.

- Can - 425 gr

Storage

Ambient conservation





Nutrition Facts per 100g	
Protein	1.1 g
Carbohydrate	4.1 g
Fat	0.2 g
Calcium	37 mg
Iron	0.5 mg
Vitamin C	7.9 mg
Calories	22 kcal

Description

Canned **Green Beans** can be used in a variety of dishes, such as casseroles, salads, and stir-fries. They can also be heated and served as a side dish. When using canned green beans, it's important to be mindful of the added sodium and adjust your intake accordingly.

Packing

Customizable to your preferences, our product also features private label packaging options upon request.

- Can - 425 gr

Delivery Terms

- CFR - MARSEILLE PORT

Storage

Ambient conservation

Pricing

0.675 € / Can - 425 gr





Nutrition Facts per 100g	
Protein	2.6 g
Carbohydrate	10.5 g
Fat	0.3 g
Calcium	21 mg
Iron	0.9 mg
Vitamin C	2.8 mg
Calories	53 kcal

Description

Canned **Artichokes** can be used in a variety of dishes, such as salads, dips, and pizzas. They can also be sautéed and used as a topping for pasta or rice dishes. When using canned artichokes, it's important to be mindful of the added sodium and adjust your intake accordingly.

Delivery Terms

- CFR - MARSEILLE PORT

Pricing

1.150 € / Can - 425 gr - Quarters
1.250 € / Can - 425 gr - Bottoms

Packing

Customizable to your preferences, our product also features private label packaging options upon request.

- Can - 425 gr

Storage

Ambient conservation





Nutrition Facts per 100g	
Protein	6.6 g
Carbohydrate	17.8 g
Fat	0.5 g
Calcium	37 mg
Iron	2.2 mg
Vitamin C	2.8 mg
Calories	94 kcal

Description

Canned **Red Beans** can be used in a variety of dishes, such as salads, tacos, and casseroles. They can also be mashed and used as a vegetarian substitute for ground beef in dishes like chili and spaghetti sauce. When using canned red beans, it's important to be mindful of the added sodium and adjust your intake accordingly.

Delivery Terms

- CFR - MARSEILLE PORT

Pricing

AVAILABLE SOON

Packing

Customizable to your preferences, our product also features private label packaging options upon request.

- Can - 425 gr

Storage

Ambient conservation

