



LEGUMES & PULSES

For a Healthy Diet and Lifestyle

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YOUR HEALTH PARTNER

Seeking to provide our clients with a quality product, we strive for excellence in every detail.





Amount Per 100 grams	% Daily Value*
Calories	567
Total Fat 49 g	75%
Saturated fat 7 g	35%
Trans fat regulation 0 g	**
Sodium 18 mg	0%
Potassium 705 mg	20%
Total Carbohydrate 16 g	5%
Dietary fiber 9 g	36%
Sugar 4 g	**
Protein 26 g	52%
Calcium	9%
Iron	25%
Vitamin B6	15%
Magnesium	42%

Peanuts



Amount Per 100 grams	% Daily Value*
Calories	365
Total Fat 5 g	6%
Saturated fat 0 g	**
Trans fat regulation 0 g	**
Sodium 35 mg	1%
Potassium 291 mg	6%
Total Carbohydrate 67 g	52%
Dietary fiber 7 g	24%
Sugar 1 g	2%
Protein 9 g	18%
Calcium 10 g	1%
Iron 30 g	15%
Vitamin B6 0.62 mg	38%
Magnesium 125 mg	35%

Corn Grain



Amount Per 100 grams	% Daily Value*
Calories	336
Total Fat 1.26 g	6%
Saturated fat 0 g	**
Trans fat regulation 0 g	**
Sodium 16 mg	1%
Potassium 1112 mg	24%
Total Carbohydrate 60.03 g	**
Dietary fiber 10.6 g	28%
Sugar 3 g	**
Protein 23.52 g	42%
Calcium 110 mg	11%
Iron 8.27 mg	107%
Vitamin C 1.5 mg	2.5%
Magnesium 184 mg	46%

Black-Eyed Peas



Amount Per 100 grams	% Daily Value*
Calories	142
Total Fat 3.5 g	5%
Saturated fat 0.5 g	2%
Trans fat regulation 0 g	**
Sodium 370 mg	15%
Potassium 194 mg	5%
Total Carbohydrate 24 g	8%
Dietary fiber 2.6 g	10%
Sugar 0.2 g	**
Protein 4 g	8%
Calcium	1%
Iron	6%
Vitamin B6	0%
Magnesium	5%

Red Beans



Amount Per 100 grams	% Daily Value*
Calories	352
Total Fat 1.2 g	**
Saturated fat 0.2 g	1%
Trans fat regulation 0 g	**
Sodium 15 mg	1%
Potassium 823 mg	18%
Total Carbohydrate 63.7 g	**
Dietary fiber 25.5 g	102%
Sugar 8 g	**
Protein 23.8 g	8%
Calcium 37 g	4%
Iron 48 g	61%
Vitamin B6	14%
Magnesium	15%

Split Peas



Amount Per 100 grams	% Daily Value*
Calories	164
Total Fat 2.6 g	3%
Saturated fat 0 g	**
Trans fat regulation 0 g	**
Sodium 7 mg	0%
Potassium 291 mg	6%
Total Carbohydrate 27 g	10%
Dietary fiber 7.6 g	27%
Sugar 4.8 g	**
Protein 8.9 g	42%
Calcium 49 mg	4%
Iron 29 mg	16%
Vitamin B6 0.535 mg	**
Magnesium 79 mg	7%

Chickpeas



Amount Per 100 grams	% Daily Value*
Calories	365
Total Fat 5 g	6%
Saturated fat 0 g	**
Trans fat regulation 0 g	**
Sodium 35 mg	1%
Potassium 291 mg	6%
Total Carbohydrate 67 g	52%
Dietary fiber 7 g	24%
Sugar 1 g	2%
Protein 9 g	18%
Calcium 10 g	1%
Iron 30 g	15%
Vitamin B6 0.62 mg	38%
Magnesium 125 mg	35%

White Beans



Amount Per 100 grams	% Daily Value*
Calories	352
Total Fat 1.2 g	**
Saturated fat 0.2 g	1%
Trans fat regulation 0 g	**
Sodium 15 mg	1%
Potassium 823 mg	18%
Total Carbohydrate 63.7 g	**
Dietary fiber 25.5 g	102%
Sugar 8 g	**
Protein 23.8 g	8%
Calcium 37 g	4%
Iron 48 g	61%
Vitamin B6	14%
Magnesium	15%

Yellow Lentil

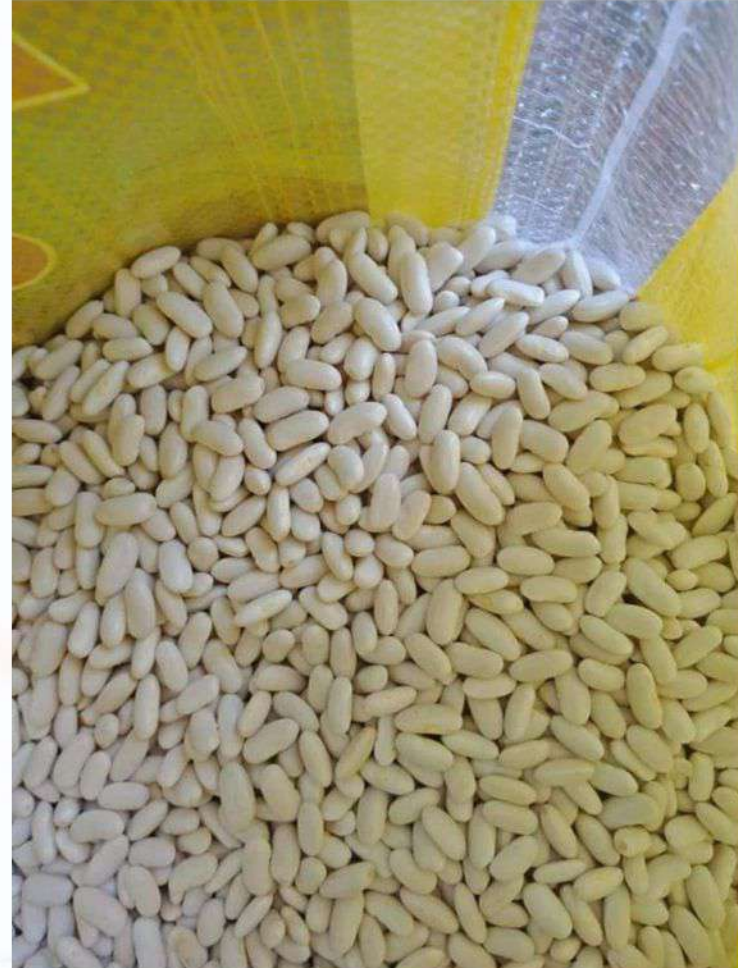
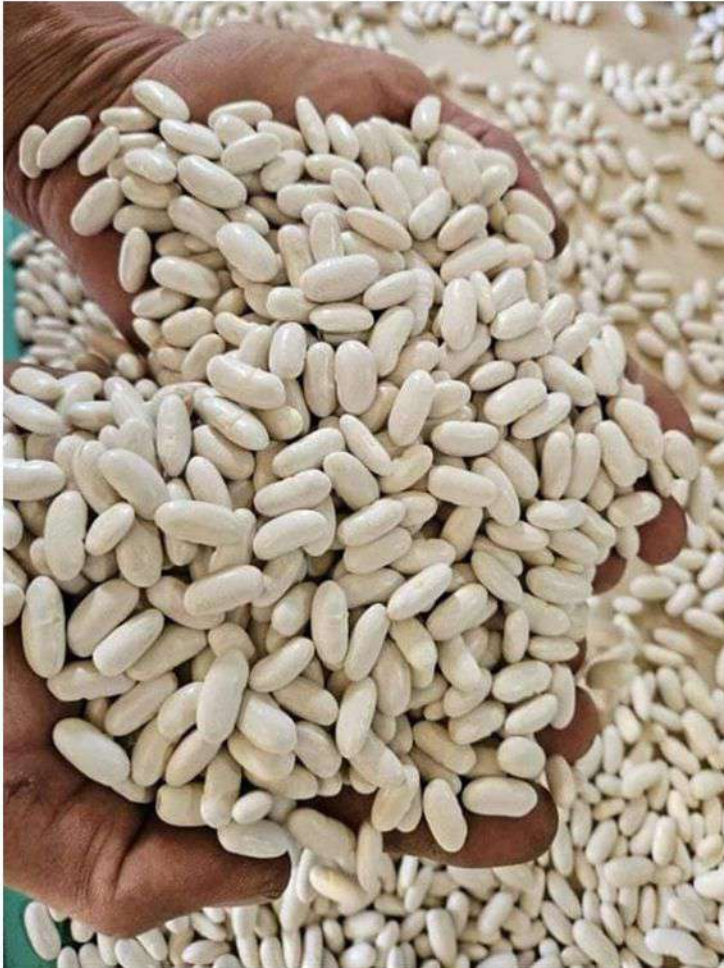


Amount Per 100 grams	% Daily Value*
Calories	142
Total Fat 3.5 g	5%
Saturated fat 0.5 g	2%
Trans fat regulation 0 g	**
Sodium 370 mg	15%
Potassium 194 mg	5%
Total Carbohydrate 24 g	8%
Dietary fiber 2.6 g	10%
Sugar 0.2 g	**
Protein 4 g	8%
Calcium	1%
Iron	6%
Vitamin B6	0%
Magnesium	5%

Red Lentil



From Our Gallery



White Beans



Amount Per 100 grams	% Daily Value*
Calories	105
Total Fat 3 g	3%
Saturated fat 0 g	**
Trans fat regulation 0 g	**
Mgnesium 198 mg	10%
Potassium 1113 mg	35%
Total Carbohydrate 9 g	3%
Dietary fiber 9 g	33%
Sugar 0 g	**
Protein 9 g	18%
Calcium 176 g	5%
Iron 30 g	15%
Vitamin B 6 2.19 mg	38%
Magnesium 125 mg	35%

Lupini



Amount Per 100 grams	% Daily Value*
Calories	142
Total Fat 3 g	5%
Saturated fat 0 g	2%
Trans fat regulation 0 g	**
Mgnesium 198 mg	15%
Potassium 1113 mg	5%
Total Carbohydrate 9 g	8%
Dietary fiber 9 g	10%
Sugar 0 g	**
Protein 9 g	8%
Calcium 176 g	1%
Iron 30 g	6%
Vitamin B 6 2.19 mg	0%
Magnesium 125 mg	5%

Soybeans



Amount Per 100 grams	% Daily Value*
Calories	142
Total Fat 3.5 g	5%
Saturated fat 0.5 g	2%
Trans fat regulation 0 g	**
Sodium 370 mg	15%
Potassium 194 mg	5%
Total Carbohydrate 24 g	8%
Dietary fiber 2.6 g	10%
Sugar 0.2 g	**
Protein 4 g	8%
Calcium	1%
Iron	6%
Vitamin B6	0%
Magnesium	5%

Broad/ Fava Beans