

# Moroccan Spiced Chickpea Tagine

Ready Meal



Nutritional Values	Per 100g	Per Pouch 300g
Energy Kj	334.0	1002.0
Energy Kcal	79.0	237.0
Protein (g)	2.9	8.7
Carbohydrate (g)	15.1	45.3
of which sugar (g)	4.7	14.1
Fat (g)	0.8	2.4
of which saturated (g)	0.2	0.6
Fibre (g)	2.7	8.1
Sodium (g)	0.1	0.2
Equivalent in salt (g)	0.2	0.5

Vegetarian



Vegan



Allergens

none

Produced in a nut free factory

## Ingredients

potato, tomato, chickpeas (15%), onion, dried apricots (6%), green peppers, water, raisins (2%), tomato puree, harissa paste (red chilli, caraway, garlic, chilli powder) (2%), cornflour, ginger, cumin, coriander, cinnamon, paprika, sea salt, black pepper