



**CREATIVE FOOD INNOVATIONS**  
health inspired foods



## Roasted & Seasoned Chickpeas

# Go'Bonzo's® Lightly Salted

**Ingredients:** Garbanzo Beans (Chickpeas), Salt, Extra Virgin Olive Oil

**Description:** Dry roasted and lightly salted garbanzo beans (chickpeas) with a crispy and crunchy texture.

**Storage:** Go'Bonzo's should be stored in a cool (below 20°C/68°F), dry (below 50% relative humidity) area. For optimum freshness consume within 6 months of the Production Date on the outer case label without any loss of flavor, texture and/or functionality.

**Quality:** Creative Food Innovations, LLC is committed to Quality Assurance. If you have any questions or comments, please contact CFI at 760-542-8390.

## Healthy & Nutritious Side, Snack, Ingredient or Topper

- Certified Gluten-Free; Vegan; Non-GMO; and Nut-Free
  - Rich Source of Protein, Fiber, and Iron
- Perfect Component of a Balanced Meatless Meal
  - Farmed, Processed & Packed in the USA
  - USDA "Smart Snacks in Schools" Compliant

Go'Bonzo's meet **USDA Food Buying Guide Child Nutrition Guidelines for a M/MA or Vegetable (Legume)**

### Nutrition Facts

Serving Size .75oz (21.26g)			
<b>Amount Per Serving</b>			
<b>Calories</b> 80	Calories from Fat 15		
		<b>% Daily Values*</b>	
<b>Total Fat</b> 2g			<b>3%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 130mg			<b>5%</b>
<b>Total Carbohydrate</b> 12g			<b>4%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 2g			
<b>Protein</b> 4g			<b>8%</b>
Calcium 2%		Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

### Go'Bonzo's® Shipping Specs

Case Pack Options	250/.75oz Colorful Packaging	125/1.5oz Colorful Packaging	6/2lb Bulk Clear Packaging
Item #'s	03-CF141	03-CF145	03-CF149
UPC	10855270005050	10855270005128	10855270005265
Case Wt.	12lbs Net / 14.5lbs GWT		
Case Dimensions	15.6"L x 11.3"W x 8.2"H	15.6"L x 11.3"W x 6.7"H	15.6"L x 11.3"W x 6.7"H
Pallet	10 Ti x 10 Hi = 100 cs/pallet		
Pallet Dimensions	48"L x 40"W x 86.9"H	48"L x 40"W x 71.9"H	48"L x 40"W x 71.9"H

**Creative Food Innovations, LLC**

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