

OUR PHILOSOPHY: At Bite Me Fine Foods, we are all about real, healthy, whole foods from local ORGANIC farmers. Plant-based food and simple eating is great for your health and so we believe it is important to stick with simple organic ingredients you can understand, with no poisonous herbicides that can affect the body. That's why we always start with activating legumes, sourcing whole plant-based proteins, and gathering fresh organic vegetables as the base of our products. In Australia, we are lucky to have access to a wide variety of organic ingredients, and by purchasing Bite Me products we can continue to grow Australia's organic community. **KEEP CALM and Bite Me.**

NUTRITIONAL INFORMATION

Serving size: 75g Servings per pack: 3	Ave Qty Per Serve	Ave Qty Per 100g
Energy	975kj	1300kj
Protein	5.9g	7.9g
Fat Total	15.5g	20.7g
- Saturated Fat	11.7g	15.6g
Carbohydrate	15.4g	20.6g
-Sugars	1.6g	2.1g
Dietary Fibre	5.2g	7.0g
Sodium	330mg	440mg

HEAT & SERVE OPTIONS



Sandwich Press
for 3 minutes



Pan Cook
for 3 minutes



Microwave
for 1 minute



Oven: preheat to 180°C
and heat for 6 mins

Keep refrigerated at 4°C. Consume within 5 days of opening.

* Frozen - double cooking time

INGREDIENTS: Organic Chickpeas 66%, Organic Sweet Potato, Organic Quinoa 9%, Organic Carrot, Organic Coconut Oil, Organic Rice Flour, Himalayan Salt, Organic Birds Eye Chilli.

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EST 3789



SPICY QUINOA FAT LABEL

