



Plantify
CLEAN LABEL FOODS

PRODUCT CATALOG

2023



TABLE OF CONTENT

About us.....	3
Dips & Spreads.....	4
Caponata	5
Babaganouj	6
Mediterranean Eggplant	7
Sun-dried Tomato with Tahini	8
Hummus	9
Natural Eggplant	10
Classic Tahini	11
Red Peppers Tahini	12
Fresh Green Herbs Tahini	13
Matbucha	14
Sauces.....	15
Veggie Bolognese Sauce	16
Veggie Thai Phat Kraphow Sauce	17
Veggie Chili Non Carne	18
Soups.....	19
Corn Soup	20
Bean Soup	21
Green Lentil Soup	22
Italian Tomato Soup	23
Sweet Potato Soup	24
Nuggets.....	25
Falafel	26
Spicy Falafel	27
Chickpea & Sweet Corn Nuggets	28
Slightly Spicy Red Beans Nuggets	29
Black lentils & Dried fruits Nuggets	30
Green Pea Nuggets	31
Chickpea & Sweet Potato Nuggets	32
Chickpea & Cauliflower Nuggets	33
Standards.....	34
Contact us.....	35

ABOUT US

At Plantify, we understand the challenges of balancing a busy lifestyle with the desire for healthy eating. That is why we are here to make it easier for you. Our mission is to provide you with a variety of nutritious, delicious, and hassle-free meal solutions without compromising on quality. We want to show you that eating well does not have to be time-consuming or bland.

With Plantify, you can experience the joy of wholesome meals that are not only easy to make but also bursting with flavor. We invite you to join us on this journey, where healthy eating becomes accessible to everyone. Let Plantify inspire you to embrace a healthy lifestyle without sacrificing taste or precious time.

Our products are Clean Label, made of natural ingredients, vegan, gluten free, soy free, no preservatives, and no added sugars.



DIPS & SPREADS

Delight in wholesome food, free from preservatives and artificial flavor enhancers, catering to your hosting needs, daily meals, and snacking desires.

- **Caponata • Babaganouj • Mediterranean Eggplant**
- **Sun-dried Tomato with Tahini • Hummus • Natural eggplant**
- **Classic Tahini • Red Peppers Tahini • Fresh green herbs Tahini • Matbucha**

Caponata

Sicilian Eggplant Dish



Ingredients

Roasted Eggplant (53.3%), Red Pepper, Tomatoes, Tomato Paste, Sunflower Oil, Garlic, Salt, Basil, Fresh Hot Pepper, Acidity Regulator (Lactic Acid), Stabilizer (Xanthan Gum), Coriander, Garlic, Cumin.

Nutritional values per 100 grams

Calories	94	Cholesterol (mg)	0	Protein (gr)	1.7
Total Fat (gr)	6.6	Sodium (mg)	396	Calcium (mg)	21.6
Saturated Fat (gr)	1.3	Total Carbohydrates (gr)	5.5	Dietary Fibers (gr)	2.4
Trans Fat (gr)	<0.5	Total Sugars (gr)	5.5		

Shelf Life

60 days from production. Must be consumed within 5 days after opening the product.

Storage

Keep refrigerated (4°-6° Celsius).

Kosher

PARVE

Weight and packaging

SKU/UPC Codes	Inner Packaging	Net Weight	Outer Packaging
729001708200		250 grams cup	24 cups in a master carton

Babaganouj

Eggplant Salad with Tahini



Ingredients

Roasted Eggplant (67%), Water, Sesame Paste, Sunflower Oil, Salt, Garlic, Lemon Juice, Acidity Regulator (Lactic Acid), Red Pepper, Stabilizer (Xanthan Gum), Fresh Hot Pepper, Coriander, Cumin.

Nutritional values per 100 grams

Calories	54	Cholesterol (mg)	0	Protein (gr)	1.3
Total Fat (gr)	4.1	Sodium (mg)	260	Calcium (mg)	40
Saturated Fat (gr)	0.5	Total Carbohydrates (gr)	9.4	Dietary Fibers (gr)	2.5
Trans Fat (gr)	<0.5	Total Sugars (gr)	5.2		

Shelf Life

60 days from production. Must be consumed within 5 days after opening the product.

Storage

Keep refrigerated (4°-6° Celsius).

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086217		250 grams cup	24 cups in a master carton

Mediterranean Eggplant



Ingredients

Roasted Eggplant (50.6%), Red pepper, Tomatoes, Sunflower Oil, Parsley, Silan, Lemon Juice, Garlic, Salt, Cumin, Apple Cider Vinegar, Fresh Hot Pepper, Acidity Regulator (Lactic Acid), Stabilizer (Xanthan Gum), Coriander.

Nutritional values per 100 grams

Calories	84	Cholesterol (mg)	0	Protein (gr)	1.3
Total Fat (gr)	5.6	Sodium (mg)	385	Calcium (mg)	22.7
Saturated Fat (gr)	0.9	Total Carbohydrates (gr)	6	Dietary Fibers (gr)	1.9
Trans Fat (gr)	<0.5	Total Sugars (gr)	5.5		

Shelf Life

60 days from production. Must be consumed within 5 days after opening the product.

Storage

Keep refrigerated (4°-6° Celsius).

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086194		250 grams cup	24 cups in a master carton

Sun-dried Tomato with Tahini



Ingredients

Dried Tomatoes (36%), Sunflower Oil, Red Pepper, Onion, Water, Sesame Paste (9%), Lemon Juice, Garlic, Fresh Hot Pepper, Coriander, Cumin, Salt, Acidity Regulator (Lactic Acid).

Nutritional values per 100 grams

Calories	239	Cholesterol (mg)	0	Protein (gr)	6
Total Fat (gr)	17.3	Sodium (mg)	382	Calcium (mg)	46.7
Saturated Fat (gr)	2.7	Total Carbohydrates (gr)	11.5	Dietary Fibers (gr)	6.7
Trans Fat (gr)	<0.5	Total Sugars (gr)	5.6		

Shelf Life

60 days from production. Must be consumed within 5 days after opening the product.

Storage

Keep refrigerated (4°-6° Celsius).

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086224		250 grams cup	24 cups in a master carton

Hummus



Ingredients

Soaked Chickpeas (Chickpeas, Water) (66%), Ground Sesame, Water, Sunflower Oil, Lemon Juice, Garlic, Salt, Acidity Regulator (Lactic Acid).

Nutritional values per 100 grams

Calories	300	Cholesterol (mg)	0	Protein (gr)	9.9
Total Fat (gr)	24.5	Sodium (mg)	172	Calcium (mg)	50
Saturated Fat (gr)	3.8	Total Carbohydrates (gr)	6.9	Dietary Fibers (gr)	6
Trans Fat (gr)	<0.5	Total Sugars (gr)	0.4		

Shelf Life

60 days from production. Must be consumed within 5 days after opening the product.

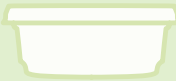

Storage

Keep refrigerated (4°-6° Celsius).

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086620		250 grams cup	24 cups in a master carton
7290017086668		500 grams cup	12 cups in a master carton

Natural Eggplant



Ingredients

Peeled Eggplant (86%), Sunflower Oil, Water, Garlic, Salt, Lemon Juice, Acidity Regulator (Lactic Acid), Stabilizer (Xanthan Gum).

Nutritional values per 100 grams

Calories	6	Cholesterol (mg)	0	Protein (gr)	1.3
Total Fat (gr)	8.1	Sodium (mg)	380	Dietary Fibers (gr)	2.3
Saturated Fat (gr)	1.5	Total Carbohydrates (gr)	3.2		
Trans Fat (gr)	<0.5	Total Sugars (gr)	2.1		

Shelf Life

60 days from production. Must be consumed within 5 days after opening the product.

Storage

Keep refrigerated (4°-6° Celsius).

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086613		250 grams cup	24 cups in a master carton

Classic Tahini



Ingredients

Water, Sesame Paste (37.5%), Sunflower Oil, Salt, Lemon Juice, Garlic, Acidity Regulator (Lactic Acid), Red Pepper, Fresh Hot Pepper, Coriander, Cumin.

Nutritional values per 100 grams

Calories	354	Cholesterol (mg)	0	Protein (gr)	10.7
Total Fat (gr)	33	Sodium (mg)	355	Calcium (mg)	60
Saturated Fat (gr)	5.6	Total Carbohydrates (gr)	0.9	Dietary Fibers (gr)	5.4
Trans Fat (gr)	<0.5	Total Sugars (gr)	0.8		

Shelf Life

60 days from production. Must be consumed within 5 days after opening the product.

Storage

Keep refrigerated (4°-6° Celsius).

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086637		250 grams cup	24 cups in a master carton

Red Peppers Tahini



Ingredients

Water, Sesame Paste (34.3%), Red Pepper, Sunflower Oil, Salt, Lemon Juice, Garlic, Acidity Regulator (Lactic Acid), Fresh Hot Pepper, Sweet Paprika, Coriander, Cumin.

Nutritional values per 100 grams

Calories	361	Cholesterol (mg)	0	Protein (gr)	10.8
Total Fat (gr)	33.9	Sodium (mg)	389	Calcium (mg)	78
Saturated Fat (gr)	5.7	Total Carbohydrates (gr)	0.5	Dietary Fibers (gr)	5.4
Trans Fat (gr)	<0.5	Total Sugars (gr)	0		

Shelf Life

60 days from production. Must be consumed within 5 days after opening the product.

Storage

Keep refrigerated (4°-6° Celsius).

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086644		250 grams cup	24 cups in a master carton

Fresh Green Herbs Tahini



Ingredients

Water, Sesame Paste (35%), Sunflower Oil, Parsley, Coriander, Salt, Lemon Juice, Garlic, Acidity Regulator (Lactic Acid), Red Pepper, Fresh Hot Pepper, Cumin.

Nutritional values per 100 grams

Calories	302	Cholesterol (mg)	0	Protein (gr)	9.1
Total Fat (gr)	28.1	Sodium (mg)	260	Calcium (mg)	62
Saturated Fat (gr)	3.8	Total Carbohydrates (gr)	9.4	Dietary Fibers (gr)	4.8
Trans Fat (gr)	<0.5	Total Sugars (gr)	0		

Shelf Life

60 days from production. Must be consumed within 5 days after opening the product.

Storage

Keep refrigerated (4°-6° Celsius).

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086651		250 grams cup	24 cups in a master carton

Matbucha



Ingredients

Tomatoes, Red Pepper, Sunflower Oil, Fresh Hot Pepper, Garlic, Sweet Paprika, Silan, Salt, Cumin, Black Pepper, Acidity Regulator (Lactic Acid).

Nutritional values per 100 grams

Calories	137	Cholesterol (mg)	0	Protein (gr)	2.8
Total Fat (gr)	10.2	Sodium (mg)	364	Calcium (mg)	20
Saturated Fat (gr)	1.2	Total Carbohydrates (gr)	7.8	Dietary Fibers (gr)	2.4
Trans Fat (gr)	<0.5	Total Sugars (gr)	7.2		

Shelf Life

60 days from production. Must be consumed within 5 days after opening the product.

Storage

Keep refrigerated (4°-6° Celsius).

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086606		250 grams cup	24 cups in a master carton

SAUCES

Explore our diverse selection of sauces that can effortlessly enhance any meal. With a delightful blend of wholesome legumes, aromatic spices, fresh vegetables, and seeds, these sauces offer a convenient and delicious way to elevate your culinary creations.

Veggie Bolognese Sauce • Veggie Thai Phat Kraphow Sauce • Veggie Chili non carne

Veggie Bolognese Sauce



Ingredients

Tomatoes, Sunflower Seeds, Tomato Paste, Onion, Water, Sunflower Oil, Carrot, Red Pepper, Garlic, Silan, Salt, Fresh Hot Pepper, Cumin, Sweet Paprika.

Nutritional values per 100 grams

Calories	238	Cholesterol (mg)	2.8	Protein (gr)	5.4
Total Fat (gr)	20.7	Sodium (mg)	390	Calcium (mg)	46.8
Saturated Fat (gr)	3	Total Carbohydrates (gr)	6.2	Dietary Fibers (gr)	2.9
Trans Fat (gr)	<0.5	Total Sugars (gr)	5.6		

Shelf Life

1 Year from production.

Storage

Keep frozen (-18° Celsius).



Instructions

Heating in the microwave for 3-5 minutes, mixing and heating for another 3 minutes.

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086132		300 grams cup	24 cups in a master carton
		5 kg bucket	

Veggie Thai Phat Kraphow Sauce

Thai Style Dish



Ingredients

Sunflower Seeds, Water, Onion, Sunflower Oil, Tomato Paste, Garlic, Fresh Hot Pepper, Sweet Paprika, Silan, Coriander, Ginger, Salt, Lemon Juice, Basil, Mint.

Nutritional values per 100 grams

Calories	391	Cholesterol (mg)	0	Protein (gr)	8.5
Total Fat (gr)	33.8	Sodium (mg)	376	Calcium (mg)	54
Saturated Fat (gr)	3.9	Total Carbohydrates (gr)	9.9	Dietary Fibers (gr)	6.9
Trans Fat (gr)	<0.5	Total Sugars (gr)	6.5		

Shelf Life

1 Year from production.

Storage

Keep frozen (-18° Celsius).

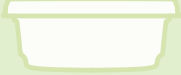

Instructions

Heating in the microwave for 3-5 minutes, mixing and heating for another 3 minutes.

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086149		300 grams cup	24 cups in a master carton
		5 kg bucket	

Veggie Chili Non Carne

Mexican Bean Dish



Ingredients

Cooked Black Beans (Black Beans, Water) (30%), Tomatoes, Water, Sunflower Seeds, Onion, Tomato Paste, Red Pepper, Carrot, Sunflower Oil, Coriander, Silan, Garlic, Fresh Hot Pepper, Salt, Sweet Paprika, Smoked Paprika.

Nutritional values per 100 grams

Calories	94	Cholesterol (mg)	0	Protein (gr)	1.7
Total Fat (gr)	6.6	Sodium (mg)	396	Calcium (mg)	21.6
Saturated Fat (gr)	1.3	Total Carbohydrates (gr)	5.5	Dietary Fibbers (gr)	5.9
Trans Fat (gr)	<0.5	Total Sugars (gr)	5.5		

Shelf Life

1 Year from production.

Storage

Keep frozen (-18° Celsius).

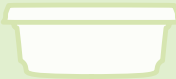

Instructions

Heating in the microwave for 3-5 minutes, mixing and heating for another 3 minutes.

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086156		300 grams cup	24 cups in a master carton
		5 kg bucket	



SOUPS

Experience the genuine flavors of our soups, carefully crafted with fresh, authentic ingredients. Treat yourself to a nutritious and convenient meal that will leave you feeling satisfied and energized.

**Corn soup • Bean Soup • Green lentil soup
Italian tomato soup • Sweet potato soup**

Corn Soup



Ingredients

Water, Corn (26.3%), Onion, Potato, Sunflower Oil, Parsley Root, Garlic, Salt, Silane, Black Pepper.

Nutritional values per 100 grams

Calories	75	Cholesterol (mg)	0	Protein (gr)	1.3
Total Fat (gr)	6.4	Sodium (mg)	296	Dietary Fibers (gr)	0.7
Saturated Fat (gr)	0.8	Total Carbohydrates (gr)	1.8		
Trans Fat (gr)	<0.5	Total Sugars (gr)	1.8		

Shelf Life

60 days from production. Must be consumed within 5 days after opening the product.

Storage

Keep refrigerated (4°-6° Celsius).


Instructions

Recommended to serve hot.

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086590		480 grams cup	12 cups in a master carton

Bean Soup



Ingredients

Water, Red Beans (21.4%), Onion, Potato, Sunflower Oil, Carrot, Coriander, Parsley, Tomato Paste, Lemon Juice, Garlic, Parsley Root, Salt, Red Pepper, Fresh Hot Pepper, Coriander Seeds, Cumin, Black Pepper, Olive Oil.

Nutritional values per 100 grams

Calories	103	Cholesterol (mg)	0	Protein (gr)	3.6
Total Fat (gr)	6.2	Sodium (mg)	242	Calcium (mg)	32
Saturated Fat (gr)	0.8	Total Carbohydrates (gr)	6.4	Dietary Fibers (gr)	3.6
Trans Fat (gr)	<0.5	Total Sugars (gr)	1.8		

Shelf Life

60 days from production. Must be consumed within 5 days after opening the product.

Storage

Keep refrigerated (4°-6° Celsius).

Instructions

Recommended to serve hot.

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086576		480 grams cup	12 cups in a master carton



Green Lentil Soup



Ingredients

Water, Green Lentils (27.7%), Onion, Carrot, Sunflower Oil, Potato, Parsley, Lemon Juice, Coriander, Parsley Root, Garlic, Salt, Cumin, Coriander Seeds, Black Pepper.

Nutritional values per 100 grams

Calories	94	Cholesterol (mg)	0	Protein (gr)	4.4
Total Fat (gr)	3.9	Sodium (mg)	313	Calcium (mg)	26
Saturated Fat (gr)	0.5	Total Carbohydrates (gr)	8.7	Dietary Fibers (gr)	3.1
Trans Fat (gr)	<0.5	Total Sugars (gr)	0.5		

Shelf Life

60 days from production. Must be consumed within 5 days after opening the product.

Storage

Keep refrigerated (4°-6° Celsius).


Instructions

Recommended to serve hot.

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086552		480 grams cup	12 cups in a master carton

Italian Tomato Soup



Ingredients

Tomatoes (47%), Water, Carrot, Sunflower Oil, Onion, Potato, Tomato Paste, Basil, Garlic, Silane, Salt, Parsley Root, Coriander Seeds, Black Pepper.

Nutritional values per 100 grams

Calories	72	Cholesterol (mg)	0	Protein (gr)	1.4
Total Fat (gr)	5.4	Sodium (mg)	364	Calcium (mg)	20
Saturated Fat (gr)	0.7	Total Carbohydrates (gr)	3.9	Dietary Fibers (gr)	1.2
Trans Fat (gr)	<0.5	Total Sugars (gr)	3.8		

Shelf Life

60 days from production. Must be consumed within 5 days after opening the product.

Storage

Keep refrigerated (4°-6° Celsius).


Instructions

Recommended to serve hot.

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086569		480 grams cup	12 cups in a master carton

Sweet Potato Soup



Ingredients

Sweet Potato (39.6%), Water, Rice Drink (Water, Rice, Sunflower Oil, Sea Salt), Onion, Sunflower Oil, Carrot, Salt, Curry Powder, Silan, Black Pepper, Turmeric, Sage.

Nutritional values per 100 grams

Calories	54	Cholesterol (mg)	0	Protein (gr)	1.3
Total Fat (gr)	4.1	Sodium (mg)	260	Calcium (mg)	40
Saturated Fat (gr)	0.5	Total Carbohydrates (gr)	9.4	Dietary Fibers (gr)	1.5
Trans Fat (gr)	<0.5	Total Sugars (gr)	5.2		

Shelf Life

60 days from production. Must be consumed within 5 days after opening the product.

Storage

Keep refrigerated (4°-6° Celsius).


Instructions

Recommended to serve hot.

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086583		480 grams cup	12 cups in a master carton



NUGGETS

These flavorful nuggets are made with fresh vegetables, wholesome legumes, and a special mix of spices. They are a quick, healthy, and tasty option that works well in sandwiches and can be enjoyed as a main dish or a side for any occasion.

- **Traditional Falafel • Spicy Falafel • Chickpea & Sweet Corn Nuggets**
- **Slightly Spicy Red Beans Nuggets • Black lentils & Dried fruits Nuggets**
- **Green Pea Nuggets • Chickpea & Sweet Potato Nuggets • Chickpea & Cauliflower Nuggets**

Falafel



Ingredients

Soaked Chickpeas (Chickpeas, Water) (76%), Onion, Parsley, Salt, Garlic, Cumin, Sunflower Oil, Stabilizer (Xanthan Gum).

Nutritional values per 100 grams

Calories	210	Cholesterol (mg)	0	Protein (gr)	7.82
Total Fat (gr)	12.4	Sodium (mg)	385	Calcium (mg)	96
Saturated Fat (gr)	1.2	Total Carbohydrates (gr)	23	Dietary Fibers (gr)	6.1
Trans Fat (gr)	<0.5	Total Sugars (gr)	1.1		

Shelf Life

1 Year from production.

Storage

Keep frozen (-18° Celsius).



Instructions

Bake in the oven/toaster oven for 15-20 min at 180°C, without prior defrosting.

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086057		400 grams tray	12 trys in a master carton
			24 trys in a master carton
100024		4 kg bag	3 Bags in a master carton

Spicy Falafel



Ingredients

Soaked Chickpeas (Chickpeas, Water) (72%), Onion, Parsley, Red Pepper, Fresh Hot Pepper, Salt, Garlic, Cumin, Sunflower Oil, Stabilizer (Xanthan Gum).

Nutritional values per 100 grams

Calories	209	Cholesterol (mg)	0	Protein (gr)	7.5
Total Fat (gr)	12	Sodium (mg)	395	Calcium (mg)	74
Saturated Fat (gr)	1.2	Total Carbohydrates (gr)	24	Dietary Fibers (gr)	6.2
Trans Fat (gr)	<0.5	Total Sugars (gr)	1		

Shelf Life

1 Year from production.

Storage

Keep frozen (-18° Celsius).

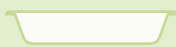

Instructions

Bake in the oven/toaster oven for 15-20 min at 180°C, without prior defrosting.

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086064		400 grams tray	12 trys in a master carton 24 trys in a master carton
100012		4 kg bag	3 Bags in a master carton

Chickpea & Sweet Corn Nuggets



Ingredients

Soaked Chickpeas (Chickpeas, Water) (53%), Corn, Onion, Red Pepper, Salt, Garlic, Sunflower Oil, Stabilizer (Xanthan Gum).

Nutritional values per 100 grams

Calories	251	Cholesterol (mg)	0	Protein (gr)	6.82
Total Fat (gr)	17	Sodium (mg)	347	Calcium (mg)	38
Saturated Fat (gr)	1.7	Total Carbohydrates (gr)	23.2	Dietary Fibers (gr)	5.7
Trans Fat (gr)	<0.5	Total Sugars (gr)	1.2		

Shelf Life

1 Year from production.

Storage

Keep frozen (-18° Celsius).

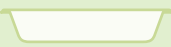

Instructions

Bake in the oven/toaster oven for 15-20 min at 180°C, without prior defrosting.

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086071		400 grams tray	12 trays in a master carton 24 trays in a master carton
100016		4 kg bag	3 Bags in a master carton

Slightly Spicy Red Beans Nuggets



Ingredients

Soaked Red Beans (Red Beans, Water) (70%), Onion, Parsley, Coriander, Garlic, Salt, Cumin, Fresh Hot Pepper, Sunflower Oil, Stabilizer (Xanthan Gum).

Nutritional values per 100 grams

Calories	208	Cholesterol (mg)	0	Protein (gr)	8.17
Total Fat (gr)	8.3	Sodium (mg)	225	Calcium (mg)	93
Saturated Fat (gr)	1.18	Total Carbohydrates (gr)	25	Dietary Fibers (gr)	9.6
Trans Fat (gr)	<0.5	Total Sugars (gr)	0.9		

Shelf Life

1 Year from production.

Storage

Keep frozen (-18° Celsius).



Instructions

Bake in the oven/toaster oven for 15-20 min at 180°C, without prior defrosting.

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086088		400 grams tray	12 trys in a master carton
			24 trys in a master carton
100020		4 kg bag	3 Bags in a master carton

Black Lentils & Dried Fruits Nuggets



Ingredients

Soaked Black Lentils (Black Lentils, Water) (68%), Onion, Parsley, Dried Apricots, Dried Dates, Garlic, Fresh Hot Pepper, Salt, Cumin, Sunflower Oil, Sweet Paprika, Stabilizer (Xanthan Gum).

Nutritional values per 100 grams

Calories	201	Cholesterol (mg)	0	Protein (gr)	10.5
Total Fat (gr)	6.8	Sodium (mg)	250	Calcium (mg)	55
Saturated Fat (gr)	0.8	Total Carbohydrates (gr)	32.7	Dietary Fibers (gr)	8.4
Trans Fat (gr)	<0.5	Total Sugars (gr)	7.9		

Shelf Life

1 Year from production.

Storage

Keep frozen (-18° Celsius).



Instructions

Bake in the oven/toaster oven for 15-20 min at 180°C, without prior defrosting.

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086095		400 grams tray	12 trys in a master carton
			24 trys in a master carton
100024		4 kg bag	3 Bags in a master carton

Green Pea Nuggets



Ingredients

Soaked Peas (Peas, Water) (54%), Green Peas (21%), Onion, Parsley, Dill, Garlic, Salt, Fresh Hot Pepper, Sunflower Oil, Turmeric, Stabilizer (Xanthan Gum).

Nutritional values per 100 grams

Calories	246	Cholesterol (mg)	0	Protein (gr)	8
Total Fat (gr)	15.1	Sodium (mg)	314	Calcium (mg)	49
Saturated Fat (gr)	2.4	Total Carbohydrates (gr)	24.5	Dietary Fibers (gr)	5.1
Trans Fat (gr)	<0.5	Total Sugars (gr)	1.6		

Shelf Life

1 Year from production.

Storage

Keep frozen (-18° Celsius).



Instructions

Bake in the oven/toaster oven for 15-20 min at 180°C, without prior defrosting.

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086101		400 grams tray	12 trys in a master carton 24 trys in a master carton
100004		4 kg bag	3 Bags in a master carton

Chickpea & Sweet Potato Nuggets



Ingredients

Soaked Chickpeas (Chickpeas, Water) (53%), Sweet Potato (31%), Onion, Red Pepper, Garlic, Salt, Ginger, Sunflower Oil, Stabilizer (Xanthan Gum).

Nutritional values per 100 grams

Calories	194	Cholesterol (mg)	0	Protein (gr)	6.5
Total Fat (gr)	10.8	Sodium (mg)	294	Calcium (mg)	67
Saturated Fat (gr)	1.17	Total Carbohydrates (gr)	22.2	Dietary Fibers (gr)	9.16
Trans Fat (gr)	<0.5	Total Sugars (gr)	5		

Shelf Life

1 Year from production.

Storage

Keep frozen (-18° Celsius).



Instructions

Bake in the oven/toaster oven for 15-20 min at 180°C, without prior defrosting.

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086118		400 grams tray	12 trys in a master carton 24 trys in a master carton
100028		4 kg bag	3 Bags in a master carton

Chickpea & Cauliflower Nuggets



Ingredients

Soaked Chickpeas (Chickpeas, Water) (50%), Cauliflower (25%), Onion, Parsley, Red Pepper, Garlic, Salt, Hot Pepper, Sunflower Oil, Stabilizer (Xanthan Gum).

Nutritional values per 100 grams

Calories	194	Cholesterol (mg)	0	Protein (gr)	5.9
Total Fat (gr)	11.6	Sodium (mg)	302	Calcium (mg)	61
Saturated Fat (gr)	1.36	Total Carbohydrates (gr)	21.1	Dietary Fibers (gr)	9.25
Trans Fat (gr)	<0.5	Total Sugars (gr)	1.8		

Shelf Life

1 Year from production.

Storage

Keep frozen (-18° Celsius).



Instructions

Bake in the oven/toaster oven for 15-20 min at 180°C, without prior defrosting.

Kosher

PARVE

Weight and packaging

SKU/UPC codes	Inner packaging	Net weight	Outer packaging
7290017086125		400 grams tray	12 trys in a master carton
			24 trys in a master carton
100134		4 kg bag	3 Bags in a master carton

STANDARDS

At Plantify we invest a lot of effort to meet the highest standards in order to produce clean and healthy food for our customers.

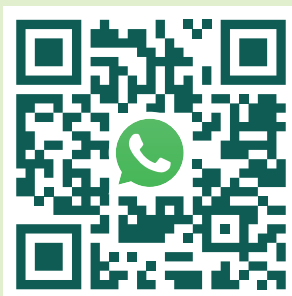


PPIS Accreditation No': 9720103



CONTACT US

We would love to hear from you, just write to us and we will get back to you as soon as possible.



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