CREATIVE FOOD INNOVATIONS
health inspired foods

GO'BONZO'S®

Roasted & Seasoned Chickpeas

Go'Bonzo's® Cool Ranch

Ingredients: Garbanzo Beans (Chickpeas), Dried Buttermilk, Salt, Extra Virgin Olive Oil, Onion, Spices, Garlic

Description: Dry roasted and Cool Ranch seasoned 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; Vegetarian; 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)

Amount Per Serving	
Calories 80	Calories from Fat 15
	% Daily Values*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 180mg	**8%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 3g	**12%**
Sugars 3g	
Protein 4g	**8%**

Calcium 2% • Iron 6%

*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-CF142	03-CF146	03-CF150
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

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