

Chickpeas organic

Designation: chick peas

Description: Dried organic chickpeas are beige in colour, wrinkled and round. They have a very mild, slightly nutty flavour. Chickpeas are rich in valuable fibre and protein and are therefore ideal for vegetarian and vegan cuisine. Their nutty flavour makes them ideal for savoury salads and stews, and in oriental cuisine especially for falafel or hummus. Chickpeas are a delight in any form: even as a crispy snack or pasta.

Preparation: Soak chickpeas overnight and wash off afterwards. Cook 1 cup of peas with 3 cups of water for approx. 1.5 - 2 hours at low heat. Then salt. Because of the nutty aroma its perfect for well seasoned salads and stews, for oriental dishes such as falafel or hummus.

Ingridients: chickpeas*

* from controlled organic cultivation

Raw food: No
Fairtrade: No
Gluten-free: No
Vegan: Yes
Superfood: No
Naturally gluten-free: No
Plastic-free: No
Organic: Yes
Value Pack: No

ECO Control Point: DE-ÖKO-003

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1521 kj
Calorific value kcal	364 kcal
Fat	6 g
Of which saturated fatty acids	0.6 g
Carbohydrates	50.8 g
Of which sugar	10.7 g
Fibers	12.2 g
Protein	20.5 g
Salt	0.06 g

Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein

Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein
Fish	Nein
Soy	Nein
Nuts	Nein
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Nein
Barley	Nein
Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein