

Organic Chickpeas 5kg

Dried organic chickpeas are beige, wrinkled, and round. They have a very mild, slightly nutty flavour. Chickpeas are rich in valuable fibre and protein, making them ideal for vegetarian and vegan cuisine. Their nutty aroma makes them perfect for hearty salads and stews, especially for falafel or hummus in Middle Eastern cuisine. Chickpeas are delicious in any form: as a [crunchy snack](#) or [noodles](#). No time to cook? Try our [Organic Chickpeas in a can](#) as an ingredient for stews or homemade hummus. For a quick homemade falafel mix, we also offer [chickpea flour](#).

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1405 kj
Calorific value kj	1521 kj
Calorific value kcal	336 kcal
Calorific value kcal	364 kcal
Fat	5.9 g
Fat	6 g
Of which saturated fatty acids	0.6 g
Carbohydrates	44.3 g
Carbohydrates	50.8 g
Of which sugar	3.1 g
Of which sugar	10.7 g
Fibers	15.5 g
Fibers	12.2 g
Protein	18.6 g
Protein	20.5 g
Salt	0.058 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