

## Biofood Chickpeas BIO

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| Art.nr:              | 6900   |
| Product description: | Biofood Chickpeas BIO  |
| EAN-code product:    | 5412158005021  |
| EAN-code carton      | 5412158040336 (x 1)<br>5412158024237 (x 6)<br>5412158057945 (x 24)   |
| Custom-code:         | 07133900   |
| Ingredients:         | Chickpeas*. May contain NUTS, GLUTEN and SESAME. *From controlled biological cultivation.  |
| Allergens:           | May contain traces of nuts, gluten, sesame seeds. Does not contain oats, wheat, sulphur dioxide and sulphites, fish, celery, eggs, crustaceans, mustard, molluscs, milk, peanuts, soybeans, lactose, lupine. |
| Weight:              | 500 g  |
| Storage:             | Store dry and well-sealed.   |
| Usage:               | Soak for 8-12 hours in plenty of cold water. 1 part chickpeas in 3 parts water. Cooking time of ± 45-60 minutes. For puree and hummus, cook up to 1.5 hours. Add salt only after cooking.                    |
| Dimensions:          | 11,0 cm W x 17,0 cm H x 5,0 cm D   |

| Nutritional values | portie/portion |
|--------------------|----------------|
|                    | 100 g          |
| Energy kJ          | 1478           |
| Energy kcal        | 351            |
| Fats               | 6,0 g          |
| saturated fats     | 0,6 g          |
| Carbohydrates      | 47,0 g         |
| sugars             | 10,7 g         |
| Food fibres        | 14,8 g         |
| Protein            | 19,9 g         |
| Salt               | <0,10 g        |

