

HONEST ORIGINS

CHICKPEA WHOLE FLOUR

(ITEM # 146)



Chickpea Whole Flour: Chickpea Flour can be used as an ingredient in bakery items, dips, dry soup mixes, extruded snacks and as a natural thickener or meat binder. Chickpeas are typically a rounded shape, beige in color with a nutlike taste and a texture that is buttery. Chickpeas are also known as Garbanzo Beans.

INGREDIENTS: Chickpeas

Packaging/Storage: Storage in cool, dry conditions promote longer shelf life. 50 lb lined bag; 2000 lb super sack.

Proximate Data:	
% Moisture, max.....	10.0
% Protein, as is.....	20.0

Particle Analyzer Data:	
Dx50 particle size	32μ

Microbiological Data:	
Standard Plate Count, max...	5,000/gm
Coliform/E. Coli.....	200/gm
Salmonella.....	Negative
Yeast & Mold.....	200/gm

Nutritional Analysis: (per 100 g dry)	
Calories	350**
Fatty Acid Profile	
Total Fat (g), max	7.1
Saturated Fat (g)	1.0
Monounsatur. Fat (g)	2.0
Polyunsatur. Fat (g)	4.0
Trans Fat (g)	ND
Carbohydrate, Total (g)	62.3
Total Dietary Fiber (g)	15.4
Soluble Fiber (g)	5.9
Insoluble Fiber (g)	9.6
Sugars (HPLC)	
Total Sugar (g)	4.0
Fructose (g)	.24
Glucose (g)	0
Sucrose (g)	3.8
Maltose (g)	0
Lactose (g)	0
Includes 0g added sugars	
Cholesterol (mg)	0
Vitamin D (μg)	0
Sodium (mg)	8
Potassium (mg)	970
Calcium (mg)	110
Iron (mg)	5
Ash (%)	2.7
** (Insoluble Fiber Subtracted)	

TECHNICAL DATA SHEET

Approved: Sherrie King, Quality Manager 6/22/2021