



Chickpea Bio 500 g Ecosana

SKU: 467010027 EAN13: 8436012943981

Description

The **Chickpea Bio** from **ECOSANA** is obtained exclusively from **organic farming**, thus achieving a product of the highest nutritional quality as well as respectful of the environment. Thanks to its nutritional composition, chickpeas are one of the most complete and balanced foods in the plant kingdom. They contain slow-absorbing **carbohydrates**, as well as many **vitamins, minerals, and lots of fibre**. In addition, this legume contains all the essential amino acids, although it is deficient in methionine. It is for this reason that it is usually mixed with rice, quinoa or buckwheat, which are rich in methionine, to make delicious stews and obtain a very complete protein of plant origin. Among the most widely used legumes around the world, many traditional recipes of our cuisine and international cuisine can be made: stews, stews, salads, hummus...

Ingredients

Chickpea*

*From Organic Agriculture

Directions

Use at your convenience

Presentation

Contains 500 g

Warnings

May contain **Nuts, Sesame and Soya**.

Store in a cool, dry place.

Nutrition Facts

Per 100 g

Energetic Value

Fat of which saturated

Quantity

1361 kJ / 325 kcal

6,4 g 1,18 g

Carbohydrates <i>of which sugars</i>	47,82 g 3,11 g
Fibre	11,85 g
Proteins	17,77 g
Salt	0,09 g

Allergen Information

Shelled Nuts, Sesame, Soya,

Certifications

