



# Cooked Chickpeas Extra BIO 660 g Ecosana

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## Description

Chickpea stands out for being a source of carbohydrates. By combining this legume with cereals (rice, couscous ...) the quality of its proteins increases.

It is ideal for a healthy and balanced diet and suitable for any vegan and vegetarian menu. You can add them to salads, stews, as a baked snack or make a delicious hummus for your toasts.

## Ingredients

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Cooked chickpea \*, water and salt.

\* From Ecological Agriculture.

## Directions

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Store the product in a dry place (RH <65%) and at an optimum temperature of 25°C. Once opened, keep refrigerated in a non-metallic container and consume within 3 days.

## Presentation

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660 g container. Net weight.

Drained Net Weight 450 g.

## Nutrition Facts

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Per 100 g

	<b>Energetic Value</b>	<b>347 kJ / 83 kcal</b>
Fat	2 g	
of which saturated	0,20 g	
Carbohydrates	9,10 g	
of which sugars	0 g	
Fibre	4,50 g	
Proteins	4,90 g	
Salt	0,90 g	

## Allergen Information

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Allergen-free

# Certifications

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