

Description: Chic Pea Flour

Serving Size:	about 1/4 cup	Colestrolaps:	0mg	Sugarsaps:	0g
Serving Size Convert Lbs:		Colestroidv:	0%	Proteinaps:	5g
Calories:	90	Sodiumaps:	0mg	VitaminAdv:	0%
Calories From Fat:	0	Sodiumdv:	0%	VitaminCdv:	0%
Total Fataps:	0g	Potassiumaps:		Calciumdv:	0%
SaturatedFatdv:	0%	Potassiumdv:		Irondv:	0%
Polyunsaturated Fataps:		Total Carbohydrateaps:	14g		
Polyunsaturated Fatdv:		TotalCarbohydratedv:	6%	Product Of:	Chic Pea Flour Product of Canada
Mono unsaturated Fataps:		DietaryFiberaps:	3g		
Mono unsaturated Fatdv:		DietaryFiberdv:	11%		

Suggested Uses: CHICKPEA FLOUR (BESAN) IS LOW IN SATURATED FAT, CHOLESTEROL AND SODIUM. IT IS ALSO A GOOD SOURCE OF DIETARY FIBER, MAGNESIUM AND COPPER. MAKES A GREAT ACCENT TO CURRY DISHES.

INGREDIENTS: CHIC PEAS (GARBANZO BEANS)

PRODUCED ON SHARED EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, SOY, MILK, EGGS AND WHEAT.

Inventory Specs

Appearance	Ivory to Yellowish in Color	Smell	No Off Odors
Flavor	Typical of Chickpea Flour	Moisture	< 4%
Foreign Materials	< 0.2%	COOL	Chic Pea Flour: Product of Canada, India, Turkey