



		Nutrition Fa	cts	
		Servings per Container 252 Serving size 0.25CUPS (0.25GS21)		
	1 martin	Amount per serving Calories	120	
- Engl	Mark .	% Dai	ily Value*	
1		Total Fat 2g	3%	
		Saturated Fat 0g	0%	
		Trans Fat		
		Cholesterol 0mg	0%	
k Benefits		Sodium 20mg	1%	
		Total Carbohydrate 17g	6%	
nternational Foodsource HICKPEA FLOUR (BESAN) IS LOW IN SATURATED	FAT, CHOLESTEROL AND SODIUM. IT IS ALSO A GOOD	Dietary Fiber 3g	11%	
NGREDIENTS: CHICKPEAS (GARBANZO BEANS).	DPPER. MAKES A GREAT ACCENT TO CURRY DISHES. HIS FLOUR CAN BE USED IN BAKING SEVERAL BAKED	Total Sugars 3g		
500DS. ITS ESPECIALLY GOOD IF YOU ARE LOOP	ING TO CUT OUT WHITE FLOUR. VEGAN; VEGETARIAN.	Includes 0g Added Sugar	0%	
Ingredients	Allergens	Protein 6g		
5		Vitamin D 0mcg	0%	
CHICK PEAS	Free From:	Calcium 10mg	1%	
	(Second crustaceans (D) eggs (Second fish (D) milk	Iron 1.5mg	8%	
	🕥 peanuts 🛞 soy 💮 tree nuts 🌘 wheat	Potassium 260mg	6%	
		* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2 a day is used for general nutrition advice.		

Product Specifications

Handling Suggestions	Product Specifications							
COOL, DRY PLACE	Brand Packer		Manufacturer International Foodsource			urce	Product Category Flour & Cornmeal	
Serving Suggestions	UPC	MFG	# SPC	#	G	τιν	Pack	Pack Desc.
1/4 CUP. USE IN BAKING		2047	151476 1079042923859		29238591		1/20 LB	
	Gross V	Veight	Net Weigh	t Cou	untry of	Origin	Kosher	Child Nutrition
Prep & Cooking Suggestions	Gross V 20		Net Weigh 20lb	t Cou	untry of Canac		Kosher No	Child Nutrition
Prep & Cooking Suggestions						la		Child Nutrition
			20lb	Shippi	Canac	la	No	Child Nutrition ge Temp From/To
	20	lb	20lb	Shippi	Canac ng Infor	la mation	No e Storag	







Nutrition Analysis - By Measure

Calories	120	Total Fat	2g	Sodium	20mg
Protein	6	Trans Fats		Calcium	10mg
Total Carbohydrates…	17g	Saturated Fat	Og	Iron	1.5mg
Sugars	3g	Added Sugars	Og	Potassium	260mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



