



Packer

151476 - Chickpea Besan Flour Raw Vegan

See package for details



* Benefits

International Foodsource
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: CHICKPEAS (GARBANZO BEANS). THIS FLOUR CAN BE USED IN BAKING SEVERAL BAKED GOODS. ITS ESPECIALLY GOOD IF YOU ARE LOOKING TO CUT OUT WHITE FLOUR. VEGAN; VEGETARIAN.

Ingredients

CHICK PEAS

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- soy
- tree nuts
- wheat

Nutrition Facts

Servings per Container **252**
Serving size **0.25CUPS (0.25GS21)**

Amount per serving
Calories 120

% Daily Value*

Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugar	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 1.5mg	8%
Potassium 260mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

COOL, DRY PLACE

Serving Suggestions

1/4 CUP. USE IN BAKING

Prep & Cooking Suggestions

UNPACK AND USE

📄 Product Specifications

Brand	Manufacturer	Product Category
Packer	International Foodsource	Flour & Cornmeal

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	20479	151476	10790429238591		1/20 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
20lb	20lb	Canada	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
1in	1in	1in	0ft3	10x8	240days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	120	Total Fat	2g	Sodium	20mg
Protein	6	Trans Fats		Calcium	10mg
Total Carbohydrates...	17g	Saturated Fat	0g	Iron	1.5mg
Sugars	3g	Added Sugars	0g	Potassium	260mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

