



Premium

76507 - Chick Peas

Premium Canned Chickpeas - The chickpea is a key ingredient in Mediterranean and Middle Eastern cuisines, used in hummus, and, when ground into flour, falafel.



Nutrition Facts

Servings per Container 24
Serving size 0.5CP (0.5GS21)

Amount per serving
Calories 80

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugar	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 143mg	3%

* 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.

* Benefits

The chickpea is an annual legume of the family Fabaceae. Its different types are variously known as gram or Bengal gram, garbanzo or garbanzo bean, or Egyptian pea. Chickpea seeds are high in protein. It is one of the earliest cultivated legumes, and 9500-year-old remains have been found in the Middle East. The larger, also known as the garbanzo bean or hoummus, was introduced into India in the 18th century

Ingredients

cooked dried chick peas, water, salt, disodium edta (to preserve color)

Allergens

Free From:

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

Handling Suggestions

Dry, ambient conditions

Serving Suggestions

Open can, drain and eat. Great to toss into a salad. Great to roast for a high protein snack.

Prep & Cooking Suggestions

Drained

Product Specifications

Brand	Manufacturer	Product Category
Premium	Port Royal Sales	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
619211776507	7650	76507			6/10 CN

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
46lb	45.5lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
18in	12in	7in	0.88ft3	8x7	365days	35°F / 37°F



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Nutrition Analysis - By Measure

Calories	80	Total Fat	1.5g	Sodium	140mg
Protein	4	Trans Fats		Calcium	26mg
Total Carbohydrates...	13g	Saturated Fat	0g	Iron	1mg
Sugars	2g	Added Sugars	0g	Potassium	143mg
Dietary Fiber	4g	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

