



Damhert
NUTRITION

BIOFOOD

Biofood Chickpeas BIO

Art.nr:	6900
Product description:	Biofood Chickpeas BIO
EAN-code product:	5412158005021
EAN-code carton	5412158040336 (x 1) 5412158024237 (x 6)
Custom-code:	07133900
Ingredients:	Chickpeas*. May contain traces of PEANUTS, GLUTEN, NUTS and SESAME. *From controlled biological cultivation.
Allergens:	May contain traces of gluten, peanuts, nuts, sesame seeds. Does not contain oats, eggs, wheat, crustaceans, soybeans, lupine, lactose, molluscs, sulphur dioxide and sulphites, celery, milk, mustard, fish.
Weight:	500 g
Storage:	Dry storage and at room temperature.
Shelf life:	24 months production date.
Usage:	Soak for 8-12 hours in plenty of cold water. Cook 1 part chickpeas in 3 parts water. Cooking time 45-60 minutes. For mashed potatoes and hummus, cook for 1.5 hours. Add salt only after cooking.
Dimensions:	11,5 cm W x 17,8 cm H x 5,0 cm D



	portie/portion	
	100 g	0 g
Energy kJ	1521	1141
Energy kcal	364	273
Fats	6,0 g	4,5 g
saturated fats	0,6 g	0,5 g
Carbohydrates	60,7 g	45,5 g
sugars	10,7 g	8,0 g
Food fibres	17,4 g	13,1 g
Protein	19,3 g	14,5 g
Salt	0,06 g	<0,1 g

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