

Product Name: Chickpeas

Description: Garbanzo beans (*Cicer arietinum*) are a round, irregular-shaped, buff-colored legume that is slightly larger than the average pea. They have a firm texture with a mild nutlike flavor.

**Physical Properties**

Appearance	Beige to light tan.	
Extraneous material	Maximum: 0.5 %	Method: Per 100g sample.

**Packaging, Labeling, Storage**

Packaging	Bag in box, food grade paper bag or to customer specification.
Receiving Conditions	Product should be shipped and handled in a sanitary manner.
Storage Conditions	Store in a dry, cool place.
Shelf Life	36 months (under optimum storage conditions).

**Defect Tolerance**

Natural/Unavoidable Defects	Meets the FDA limit for natural and unavoidable defects in food for human use that present no health hazard as specified in Title 21, Code of Federal Regulations, Subpart G, Part 110.110.
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**Other**

Gluten Status	This product (and if applicable its ingredients) by nature does not contain the gluten proteins found in wheat, rye or barley. This product has not been tested to verify gluten levels less than 20 ppm.
Natural Status	This product is a 100% pure, natural substance. It does not contain any artificial, synthetic or natural identical additives.
BE Status	This product does not contain bioengineered ingredients.
Vegan Status	This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char.
Halal Status	This product does not contain alcohol, natural L-cysteine extracted from hair or feathers, animal fats and/or extracts, bloods of any origin, blood plasma, pork and/or other meat by-products & alcohol is not used as a processing aid.
SDS Waiver	To the best of our knowledge this product is non-hazardous and not subject to the requirements of 29 CFR 1910.1200. Although this product does not require specific hazard precautions, users should take care to minimize personnel exposure and workplace contamination.

## ALLERGEN STATEMENT FOR CHICKPEAS

"Q #1: Does the item above contain any of the following allergens or their derivatives?"		"Q #2: Is the item above produced on equipment that comes in contact with any of the following allergens?"		"Q #3: Is the item above produced in a facility that uses or processes these allergens?"		ALLERGENS
YES	NO	YES	NO	YES	NO	
	X	X		X		MILK
	X	X		X		EGGS
	X	X		X		SOYBEANS
	X	X		X		WHEAT
	X		X		X	PEANUTS
	X	X		X		TREE NUTS
	X		X		X	FISH
	X		X		X	CRUSTACEAN SHELLFISH
	X	X		X		SESAME
	X	X		X		MUSTARD
	X	X		X		ADDED SULFITES

Equipment is cleaned and sanitized between production runs to prevent allergens from contaminating non-allergenic products.



Product Name: Chickpeas

**Ingredient Statement**

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Garbanzo beans.

**Product Certifications**

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Certified Kosher Parve

**Proximate Analysis**

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Protein	20.47	g
Carbohydrate	62.96	g
Moisture	7.68	g
Ash	2.85	g
Fat	6.04	g

**Nutritional Analysis**

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Serving Size	100.00	g
Calories	378.00	
Total Fat	6.04	g
Saturated Fat	0.60	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	24.00	mg
Total Carbohydrates	62.96	g
Dietary Fiber	12.20	g
Sugars	10.70	g
Protein	20.47	g
Vitamin A	67.00	IU
Vitamin C	4.00	mg
Calcium	57.00	mg
Iron	4.31	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	718.00	mg



## CHICKPEAS

NON  
GMO

GLUTEN  
FREE

STORE IN A DRY, COOL PLACE.

### Nutrition Facts

servings per container	
<b>Serving size</b> 1/4 cup (35g)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2 g	<b>3%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 10 mg	<b>0%</b>
<b>Total Carbohydrate</b> 22 g	<b>8%</b>
Dietary Fiber 4 g	<b>14%</b>
Total Sugars 4 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 7 g	
Vitamin D 0.0 mcg	<b>0%</b>
Calcium 20.0 mg	<b>0%</b>
Iron 1.5 mg	<b>8%</b>
Potassium 251.3 mg	<b>6%</b>

\* 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.

### INGREDIENTS

Garbanzo Beans.

Chickpeas, also known as garbanzo beans, are small, knobby, beige legumes that are well known as a key ingredient in hummus, falafel and many curries. They add a delicious nutlike taste, buttery texture and dense nutritional content.

- A popular ingredient in Indian and Mediterranean dishes
- Can be ground into flour and used for fritters, dumplings and spicy breads

### BASIC PREP

Carefully sort and rinse thoroughly. Soak overnight. Rinse and place in a large pot, covered with fresh water. Bring water to a boil for 3 minutes, reduce heat and simmer, covered, for 60 to 90 minutes, until tender. This bean produces foam when boiling, so skim the water regularly.

### SUGGESTED USES

- Add to soups and stews
- Purée with olive oil, fresh garlic, tahini and lemon juice to make a quick and easy hummus spread
- Sprinkle with your favorite spices and herbs and roast for a crunchy, healthful snack
- Add to green salads
- Simmer cooked chickpeas in a sauce of tomato paste, curry spices, and chopped

### RECIPE

Smoky Roasted Carrots and Chickpeas

8 medium carrots, peeled and sliced 1/2-inch thick on the diagonal  
 2 cups Chickpeas  
 3 tablespoons olive oil  
 1 teaspoon Smoked Sweet Paprika  
 1/2 teaspoon cumin  
 1/2 teaspoon cinnamon  
 1/2 teaspoon salt  
 1/4 teaspoon cayenne pepper  
 1/4 cup chopped fresh parsley

Soak chickpeas beans overnight. Drain and rinse. Cover with cold water in a pot and bring to a boil. Turn the heat to a simmer and cook until the beans are tender. About 45 minutes. Strain and spread beans out on a sheet pan to cool and dry.

Preheat oven to 400° F. Line a baking sheet with parchment paper or aluminum foil.

Place sliced carrots and chickpeas in a large mixing bowl. Combine olive oil, smoked sweet paprika, cumin, cinnamon, salt and cayenne pepper in a smaller bowl, and whisk. Drizzle over carrots and chickpeas, and toss to thoroughly cover.

Transfer to the prepared baking sheet, and roast for 18 minutes, turning once or twice with a spatula. Carrots should be lightly browned at the edges and are crisp-tender, and chickpeas should be golden-brown and slightly crispy.

Transfer to a serving bowl, and toss with chopped fresh parsley.

Makes 4 to 6 servings

The simplicity of this recipe's preparation proves that great flavors don't require great effort. Cooking the chickpeas ahead will make for a quick pick-up and the use of sweet smoky paprika and cayenne give this dish flavor and textural chemistry that is sure to impress.



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## COUNTRY OF ORIGIN DECLARATION FOR CHICKPEAS

THIS PRODUCT ORIGINATES FROM UNITED STATES