

item 703130 Chickpeas	ID BIO	certification body ABCERT
size 6,00 x 500,00 G	country of origin: IT	
country of origin: IT		customs origin: IT
EAN carton 4006040178101	EAN piece 4006040178118	
gross weight 3,150 KG	tare weight gross	0,000
net weight 3,000 KG	tare weight net	0,000
carton size in CM	unit size in CM	
L:25,70 W:13,80 H: 17,50	L:5,50 W:8,50	H:13,50
layer/ pallet		
L:25 P:125		

additional product data

product group: secondary placement :
 replacement for:
 available from:
 languages on the label: DE
 country of origin: IT
 customs tariff code: 07132000

pallet weight (loading device included) 412,250 KG unit weight of packaging 0,000
 pallet height (loading device included) 102,000 CM unit weight of packaging 0,000

INGREDIENTS

chickpeas* ,
 * = organic cultivation ** = biodynamic cultivation

shelf life (wholesaler): 300 Days

allergen information (you find the current data on www.rapunzel.de)

may production related contain **traces** of the following allergen ingredients:
 Gluten s.

nutritional regimen information vegan: yes [] no raw food: yes [] no

Production

After the harvest, the chickpeas are cleaned and packed.

Product Information

Valuable source of protein for a vegetarian or vegan diet! Chickpeas taste slightly nutty and have a pleasant, mild aroma. Their protein and dietary fibers content is essential for the vegetarian cuisine. Chickpeas can be used in the Asian-Oriental kitchen. Very tasty in salads and in stews.

Rapunzel has been committed for many year to the cultivation of legumes in Europe. Cultivating domestic protein crops such as lentils, beans or lupines contributes to a more versatile crop rotation and helps to conserve soil health. Legumes can be cultivated without nitrogen fertilizers. This reduces soil pollution and at the same time, legumes also enhance soil fertility, as they can absorb atmospheric nitrogen in their roots. In addition, legumes are an important nutritional basis for pollinators such as bees.

Usage

For Asian-Oriental dishes, such as dals, falafel or hummus, for salads, stews or as a roasted snack, especially popular in combination with rice or couscous.

Particularities

cultivated in Europe, packed by Rapunzel

Packaging

PP foil

Storage

Store in a cool and dry place.

Recipe

Soak chickpeas during 8 to 12 hours and rinse under running water. Cook 1 cup of chickpeas with 3 cups of water for approx. 1 hour at low heat. Salt and season after cooking.

Legal product designation

Chickpeas

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nutritional features

nutritional features (per 100g) naturally varying!

Energy value kJ/kcal:	1418/337
Fat:	5,90 g
Of which saturated fatty acids:	1,10 g
Carbohydrates:	44,30 g
Of which sugars:	2,40 g
Fibres:	15,50 g
Protein:	19,00 g
salt:	0,063 g

NOTES