

# 106977 - Heirloom Chickpeas

The small Pedrosillano chickpeas are known for being tastier, finer and with a more "al dente" texture than other chickpeas. They are prepared very traditionally, as are all our pulses, and this shows in their tenderness, with no noticeable skin, with a natural taste of pulses and only pulses. Once you try our pulses you won't want any others. Drained weight 8.5 oz



## MARKETING

Our pulses are very tender, so empty the container carefully and add at the end of the recipe with little stirring. As they are so natural, the broth can be used and added to any recipes. To empty the contents more easily you can heat the unopened container a little on a water bath.

## Nutrition Facts

1 Servings per container	
<b>Serving Size</b>	<b>1 container</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>190</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> 1 mg	<b>0%</b>
<b>Sodium</b> 800 mg	<b>35%</b>
<b>Total Carbohydrates</b> 33 g	<b>12%</b>
Dietary Fiber 7 g	<b>25%</b>
Total Sugars 1 g	
Includes 0 g Added Sugars	<b>0%</b>

<b>Protein</b> 9 g	
Vitamin D 0 mcg	0%
Calcium 60 mg	4%
Iron 2.16 mg	12%
Potassium 272 mg	8%

\* The % Daily Values (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.

## PRODUCT SPECIFICATIONS

Code		GTIN		Pack Description		
A06709		80855985089016		9/13.7 OZ		
Brand		Brand Owner		GPC Description		
José Andrés		Rosara		Chickpeas		
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
9.1 LBR	7.71 LBR	No	Spain	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
4.33 INH	6.5 INH	9.9 INH	0.16 FTQ	21x10	1186 Days	60 FAH / 77 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

## HANDLING SUGGESTIONS

Refrigerate after opening---UNIT UPC: 855985089010---

## ALLERGENS

**C** = 'Contains'; **MC** = 'May Contain'; **N** = 'Free From'; **UN** = 'Undeclared'; **NI** = 'Intentionally nor Inherently Included'; **50** = 'Derived from Ingredients'; **60** = 'Not Derived From Ingredients'; **NI** = 'No Info'

- Milk - N
- Eggs - N
- Soybean - N
- Wheat - N
- Sesame - N
- Molluscs - N
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - N
- Crustaceans - N

## INGREDIENTS

Pedrosillanos chickpeas, water, salt and to promote colour retention: Sodium Bisulfite, Ascorbic Acid and Disodium EDTA.

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### PREPARATION & COOKING SUGGESTIONS

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### SERVING SUGGESTIONS

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### MORE INFORMATION