

151476 - Chickpea Besan Flour Raw Vegan



International Foodsource CHICKPEA FLOUR (BESAN) IS LOW IN SATURATED FAT, CHOLESTEROL AND SODIUM. IT IS ALSO A GOOD SOURCE OF DIETARY FIBER, MAGNESIUM AND COPPER. MAKES A GREAT ACCENT TO CURRY DISHES. INGREDIENTS: CHICKPEAS (GARBANZO BEANS). THIS FLOUR CAN BE USED IN BAKING SEVERAL BAKED GOODS. IT'S ESPECIALLY GOOD IF YOU ARE LOOKING TO CUT OUT WHITE FLOUR. VEGAN; VEGETARIAN.



MARKETING

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Nutrition Facts

252 Servings per container

Serving Size 0.25 CUPS

Amount Per Serving
Calories 120

% Daily Value*

Total Fat 2 g **3%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 20 mg **1%**

Total Carbohydrates 17 g **6%**

Dietary Fiber 3 g **12%**

Total Sugars 3 g

Includes 0 g Added Sugars **0%**

Protein 6 g

Vitamin D 0 mcg 0%

Calcium 10 mg 0%

Iron 1.5 mg 8%

Potassium 260 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				
20479	10790429238591	1/20 LB				
Brand	Brand Owner	GPC Description				
Packer	International Foodsource	Baking/Cooking Supplies (Shelf Stable)				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
20 LBR	20 LBR	No	Canada	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
1 INH	1 INH	1 INH	0 FTQ	10x8	417 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

COOL, DRY PLACE-----

ALLERGENS

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

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

INGREDIENTS

CHICK PEAS

Packer

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PREPARATION & COOKING SUGGESTIONS

UNPACK AND USE

SERVING SUGGESTIONS

1/4 CUP. USE IN BAKING

MORE INFORMATION