

# CANADIAN CHICKPEAS



## Unique Attributes and Nutritional Advantages

- High in fiber (~20%)
- High in protein (~2 x higher than cereals)
- Low fat
- High in minerals and B vitamins
- Gluten-free
- Low glycemic index
- Low allergenicity
- Non-GMO

## Whole Kabuli Chickpeas

### Nutritional Information\*

Per 100 g dry

Amount	% Daily Value
<b>Fat</b> 5.9 g	9%
<b>Carbohydrates</b> 66.5 g	22%
<b>Total Fiber</b> 18.8 g	75%
<b>Sucrose</b> 3.84 g	
<b>Protein</b> 22.7 g	
<b>Calcium</b> 107 mg	11%
<b>Iron</b> 5.5 mg	31%
<b>Potassium</b> 1127 mg	32%
<b>Vitamin C</b> 1.34 mg	2%
<b>Thiamin</b> 0.49 mg	33%
<b>Riboflavin</b> 0.26 mg	15%
<b>Niacin</b> 1.22 mg	6%
<b>Vitamin B6</b> 0.38 mg	19%
<b>Folate</b> 299 mcg	75%

## Whole Desi Chickpeas

### Nutritional Information\*

Per 100 g dry

Amount	% Daily Value
<b>Fat</b> 5.4 g	8%
<b>Carbohydrates</b> 68.4 g	22%
<b>Total Fiber</b> 27.8 g	111%
<b>Sucrose</b> 2.03 g	
<b>Protein</b> 23 g	
<b>Calcium</b> 162 mg	16%
<b>Iron</b> 5.9 mg	33%
<b>Potassium</b> 1216 mg	35%
<b>Vitamin C</b> 1.65 mg	1%
<b>Thiamin</b> 0.29 mg	19%
<b>Riboflavin</b> 0.21 mg	12%
<b>Niacin</b> 1.72 mg	9%
<b>Vitamin B6</b> 0.30 mg	15%
<b>Folate</b> 206 mcg	52%

\*References: 1) Wang, 2005. Quality of Western Canadian pulse crops-2005. Canadian Grain Commission. [www.graincanada.gc.ca](http://www.graincanada.gc.ca); 2) Wang, 2004. The Chemical Composition and Nutritive Value of Canadian Pulses. [www.pulsecanada.com](http://www.pulsecanada.com); Daily Values obtained from the U.S. FDA.; Carbohydrates determined by difference, Fiber calculated by Carbohydrate - (Starch + Oligosaccharides + Sucrose).

# CANADIAN CHICKPEA PRODUCTS



## Kabuli Chickpeas

- Large, round, cream-colored
- Nutty flavor
- Often found in salad bars and ethnic cooking
- Also referred to as Garbanzo beans, Bengal gram, or Kabuli chana
- Soak whole dry chickpeas prior to cooking for 1 to 1.5 hours

## Food Product Applications

- Ready-to-eat meals, soups, salads
- Vegetarian products
- Ethnic cuisine (Indian, Middle East, Mediterranean)
- Gluten-free applications
- Can be roasted to produce a crunchy nut-like snack
- Easily added to meat dishes to reduce fat and saturated fat
- Easily added to soups and tomato sauces



## Desi Chickpeas

- May be yellow, light green, light brown or sometimes black in color
- Smaller than Kabuli chickpeas
- May also be called kala chana

## Food Product Applications

- Usually sold in split form resembling a split yellow pea, also referred to as chana dal
- Popular in East Indian cooking
- Traditionally ground into flour and used in various ethnic dishes such as Indian snack mix, onion bhajji or vegetable pakoras (similar to fritters), French socca (chickpea crepe), Italian farinata (thin, crisp, pizza-like pancake)



## Chickpea Flours

- Finely ground flour or powder from chickpeas
- Desi chickpea flour also referred to as Besan or Chana flour
- Available pre-cooked, organic, kosher, halal

## Food Product Applications

- Pasta
- Breads, buns, baked goods
- Crackers and cookies
- Extruded and puffed snack foods
- Batters and coatings

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Pulse Canada, 1212-220 Portage Avenue, Winnipeg, Manitoba, Canada R3C 0A5 T: 204 925 4455, F: 204 925 4454, E: [office@pulsecanada.com](mailto:office@pulsecanada.com)

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