



# Chickpeas

FOOD.BRAND

FOOD.CATEGORY

## Nutrients

|                      |                     |
|----------------------|---------------------|
| <b>CALORIES</b>      | 343 kcal (per 100g) |
| <b>PROTEIN</b>       | 19.3g (per 100g)    |
| <b>FAT</b>           | 6.0g (per 100g)     |
| <b>CARBOHYDRATES</b> | 60.6g (per 100g)    |
| <b>FIBER</b>         | 15.0g (per 100g)    |

## Detailed Nutrient List

|                     |        |
|---------------------|--------|
| <b>PROTEIN</b>      | 19.3 g |
| <b>FAT</b>          | 6 g    |
| <b>CARBOHYDRATE</b> | 60.6 g |

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|                                  |          |
|----------------------------------|----------|
| <b>FIBER</b>                     | 15 g     |
| <b>WATER</b>                     | 7.65 g   |
| <b>SUGAR</b>                     | 10.7 g   |
| <b>SODIUM</b>                    | 24 mg    |
| <b>POTASSIUM</b>                 | 875 mg   |
| <b>CALCIUM</b>                   | 105 mg   |
| <b>IRON</b>                      | 4.7 mg   |
| <b>MAGNESIUM</b>                 | 87 mg    |
| <b>PHOSPHORUS</b>                | 252 mg   |
| <b>ZINC</b>                      | 2.8 mg   |
| <b>VITAMIN B1 (THIAMIN)</b>      | 0.477 mg |
| <b>VITAMIN B2 (RIBOFLAVIN)</b>   | 0.212 mg |
| <b>VITAMIN B3 (NIACIN)</b>       | 1.541 mg |
| <b>VITAMIN B6 (PYRIDOXINE)</b>   | 0.535 mg |
| <b>VITAMIN B9 (FOLATE)</b>       | 557 µg   |
| <b>VITAMIN C (ASCORBIC ACID)</b> | 4 mg     |
| <b>VITAMIN E</b>                 | 0.82 mg  |
| <b>VITAMIN K</b>                 | 9 µg     |
| <b>FATTY SATURATED</b>           | 0.6 g    |
| <b>FATTY MONOUNSATURATED</b>     | 1.3 g    |
| <b>FATTY POLYUNSATURATED</b>     | 2.4 g    |
| <b>OMEGA 3</b>                   | 0.1 g    |
| <b>OMEGA 6</b>                   | 2.3 g    |

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 3.5 g



|                             |          |
|-----------------------------|----------|
| <b>FIBER INSOLUBLE</b>      | 11.5 g   |
| <b>STARCH</b>               | 47.9 g   |
| <b>SUCROSE</b>              | 2.8 g    |
| <b>GLUCOSE</b>              | 0.9 g    |
| <b>FRUCTOSE</b>             | 0.2 g    |
| <b>GALACTOSE</b>            | 0.1 g    |
| <b>MALTOSE</b>              | 0.1 g    |
| <b>CHOLESTEROL</b>          | 0 mg     |
| <b>FATTY TRANS</b>          | 0 g      |
| <b>GLICEMIC INDEX</b>       | 28 µg    |
| <b>SALT</b>                 | 0.06 g   |
| <b>VITAMIN A</b>            | 67 µg    |
| <b>VITAMIN D</b>            | 0 µg     |
| <b>COPPER</b>               | 0.8 mg   |
| <b>MANGANESE</b>            | 2.2 mg   |
| <b>SELENIUM</b>             | 3.7 µg   |
| <b>VITAMIN B4 (CHOLINE)</b> | 99.4 mg  |
| <b>BETA-CAROTENE</b>        | 0.413 µg |
| <b>LUTEIN + ZEAXANTHIN</b>  | 0.165 mg |
| <b>LYSINE</b>               | 1.3 g    |
| <b>TRYPTOPHAN</b>           | 0.22 g   |
| <b>THREONINE</b>            | 0.82 g   |
| <b>ISOLEUCINE</b>           | 0.88 g   |

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1.4 g  
0.94 g



|                      |        |
|----------------------|--------|
| <b>HISTIDINE</b>     | 0.52 g |
| <b>PHENYLALANINE</b> | 1.05 g |
| <b>METHIONINE</b>    | 0.23 g |
| <b>CYSTINE</b>       | 0.25 g |
| <b>TYROSINE</b>      | 0.45 g |
| <b>ARGININE</b>      | 1.8 g  |
| <b>ALANINE</b>       | 0.88 g |
| <b>ASPARTIC ACID</b> | 2.4 g  |
| <b>GLUTAMIC ACID</b> | 3.1 g  |
| <b>GLYCINE</b>       | 0.84 g |
| <b>PROLINE</b>       | 0.8 g  |
| <b>SERINE</b>        | 1.05 g |

*The information contained in this document is for educational purposes only and does not replace medical advice.*

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