

CHICKPEAS / GARBANZO BEANS

INGREDIENTS

- Nutrients
 - Calories - 364 calories / 100grams, Carbohydrates - 61g/100 grams
Fiber - 17g/100grams
- Protein
 - 1.3g
- Fat
 - 0.1g
- Vitamin
 - Vitamin C, Vitamin K, Vitamin B6
- Minerals
 - Thiamin, Riboflavin, Niacin, Pantothenic acid

USES & BENEFITS

Known to be one of the world's largest producer of chickpeas, the chickpea exporter in India is exporting more and more chickpeas each year. There are broadly two varieties of chickpeas known as "Kabuli" and "Desi". Chickpea export from India includes both these varieties and many more. The Indian chickpea exporter export premium quality chickpeas from India.

