

# Chickpeas



# As your single source for chickpeas in whole bean and flour form, our team is equipped to supply you with scalable volumes, R&D resources and strategic supply chains.

Chickpeas, garbanzos, pulses - no matter what you call them, these on-trend beans are packed with nutrients since they are good sources of fiber and protein. With the addition of the Hinrichs Trading Company to the Ardent Mills family, your chickpea solutions are backed by the leaders in chickpea expertise, cleaning, and streamlined supply chains with our direct network of 100+ family farms.

With a range of bean sizes (7 - 10mm), as well as bag and tote volumes (20 kg. - 1 Ton), we are ready to support the growing industry trends that star chickpea's role in growing dietary trends as well as traditional and innovative products..



## Chickpea Formats

	Category	Application	Nutritional Highlight	Typical Protein Content (g/100g)
	<b>Chickpea Flour</b>	Breads, Chips, Cookies, Fried Foods, Pasta, Pretzels	Good source of fiber, thiamine & folate	12g*
	<b>Whole Chickpeas</b>	Bowls, Chips, Fried Foods, Salads	Good source of fiber, thiamine & folate	12g*

\*Protein digestibility varies by food type

## Pack Sizes Available

25 lb., 50 lb. bags

**Most offerings are available in organic.**  
**All offerings are kosher certified and inherently non-GMO.**



**To learn more about our chickpeas, pulses and plant-based ingredients, contact us at (866) 452-0068 or visit [ardentmills.com/chickpeahub](https://ardentmills.com/chickpeahub)**

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