



## ORGANIC GARBANZO BEANS

### R1500

Description: Organic Garbanzo beans (*Cicer arietinum*) are high in fat content and are a good source of calcium, the B vitamins, protein and iron. Garbanzo beans are eaten in India boiled, fried, roasted, sprouted, stewed, in soups, and ground into flour.

#### Physical Properties

Appearance	Beige to light tan.
Size	Approximately 6mm - 9mm in diameter, round, hard, knobby.

#### Organoleptic Properties

Flavor	Nutty.
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#### Microbiological Properties

Standard Plate Count	Maximum: 100,000 cfu/g	Method: FDA BAM or AOAC equivalent
Coliform	Maximum: 500 cfu/g	Method: FDA BAM or AOAC equivalent
Yeast	Maximum: 1000 cfu/g	Method: FDA BAM or AOAC equivalent
Mold	Maximum: 1000 cfu/g	Method: FDA BAM or AOAC equivalent
E. Coli	<10 cfu/g or <3 MPN/g	Method: FDA BAM or AOAC equivalent
Salmonella	NEG/25g	Method: FDA BAM or AOAC equivalent

#### Packaging, Labeling, Storage

Packaging	Bag in box, food grade paper bag or to customer specification
Receiving Conditions	Product should be shipped and handled in a sanitary manner.
Storage Conditions	Store in a dry, cool place.
Shelf Life	36 months (under optimum storage conditions).

#### Other

Gluten Status	This product (and if applicable its ingredients) by nature does not contain the gluten proteins found in wheat, rye or barley. This product has not been tested to verify gluten levels less than 20 ppm.
Natural Status	This product is a 100% pure, natural substance. It does not contain any artificial, synthetic or natural identical additives.
BE Status	This product does not contain genetically engineered ingredients.
Vegan Status	This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char.



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**Halal Status**

This product does not contain alcohol, natural L-cysteine extracted from hair or feathers, animal fats and/or extracts, bloods of any origin, blood plasma, pork and/or other meat by-products & alcohol is not used as a processing aid.

**SDS Waiver**

To the best of our knowledge this product is non-hazardous and not subject to the requirements of 29 CFR 1910.1200. Although this product does not require specific hazard precautions, users should take care to minimize personnel exposure and workplace contamination.

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### ALLERGEN STATEMENT

"Q #1: Does the item above contain any of the following allergens or their derivatives?"		"Q #2: Is the item above produced on equipment that comes in contact with any of the following allergens?"		"Q #3: Is the item above produced in a facility that uses or processes these allergens?"		ALLERGENS
YES	NO	YES	NO	YES	NO	
	X	X		X		MILK
	X	X		X		EGGS
	X	X		X		SOYBEANS
	X	X		X		WHEAT
	X		X		X	PEANUTS
	X	X		X		TREE NUTS
	X		X		X	FISH
	X		X		X	CRUSTACEAN SHELLFISH
	X	X		X		SESAME
	X	X		X		MUSTARD
	X	X		X		ADDED SULFITES

Equipment is cleaned and sanitized between production runs to prevent allergens from contaminating non-allergenic products.



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#### Ingredient Statement

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Organic garbanzo beans.

#### Product Certifications

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Certified Kosher Parve

Certified Organic

#### Proximate Analysis

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Protein	20.47	g
Carbohydrate	62.96	g
Moisture	7.68	g
Ash	2.85	g
Fat	6.04	g

#### Nutritional Analysis

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Serving Size	100.00	g
Calories	378.00	
Total Fat	6.04	g
Saturated Fat	0.60	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	24.00	mg
Total Carbohydrates	62.96	g
Dietary Fiber	12.20	g
Sugars	10.70	g
Protein	20.47	g
Vitamin A	67.00	IU
Vitamin C	4.00	mg
Calcium	57.00	mg
Iron	4.31	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	718.00	mg



STORE IN A DRY, COOL PLACE.

## ORGANIC CHICKPEAS

Organic Chickpeas, also known as garbanzo beans, are small, knobby, beige legumes that are well known as a key ingredient in hummus, falafel and many curries. They add a delicious nutlike taste, buttery texture and nutritional content.

- A popular ingredient in Indian and Mediterranean dishes
- Can be ground into flour and used for fritters, dumplings and breads
- Certified organic to the specifications of the USDA National Organic Program

### Nutrition Facts

servings per container

**Serving size** 1/4 cup (35g)

**Amount per serving**

**Calories** 130

% Daily Value\*

**Total Fat** 2 g 3%

Saturated Fat 0 g 0%

Trans Fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 10 mg 0%

**Total Carbohydrate** 22 g 8%

Dietary Fiber 4 g 14%

Total Sugars 4 g

Includes 0 g Added Sugars 0%

**Protein** 7 g

Vitamin D 0.0 mcg 0%

Calcium 20.0 mg 0%

Iron 1.5 mg 8%

Potassium 251.3 mg 6%

\* The % Daily Value (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.

### BASIC PREP

Carefully sort beans and rinse thoroughly. Soak overnight. Rinse and place in a large pot, covered with fresh water. Bring water to a boil for 3 minutes, reduce heat and simmer, covered, for 60 to 90 minutes, until tender. This bean produces foam when boiling, so skim the water regularly.

### SUGGESTED USES

- Add to soups and stews
- Purée with olive oil, fresh garlic, tahini and lemon juice to make a quick and easy hummus spread
- Sprinkle with your favorite spices and herbs and roast for a crunchy, healthful snack
- Simmer cooked Organic Chickpeas in a sauce of tomato paste, curry spices, and chopped walnuts and serve with brown rice

### RECIPE

Hummus

1-1/4 cups dried Organic Chickpeas  
1 teaspoon baking soda  
1 1/4 cup tahini paste  
3 tablespoons freshly squeezed lemon juice  
6 cloves garlic, crushed  
2 teaspoons salt  
5-1/2 tablespoons ice-cold water

Place Organic Chickpeas in a large bowl, and add at least twice their volume of water. Soak overnight. Drain. Transfer Organic Chickpeas to a medium saucepan, and add baking soda. Cook over high heat, stirring, for 3 minutes. Add 6-1/2 cups water, and bring to a boil. Reduce heat and simmer until very tender, 20 to 40 minutes. Organic Chickpeas' skins will loosen and may release as they cook; skim off any skins that float to the surface. Drain. Transfer Organic Chickpeas to a food processor. Process until a paste forms. Add tahini, lemon juice, garlic and salt while machine is running. Slowly pour in ice water, and continue processing for 5 minutes, until hummus is very smooth and creamy. Let hummus rest 30 minutes before serving at room temperature.

Makes 2 cups

Preparing hummus from dried Organic Chickpeas, rather than canned, yields a creamier and more flavorful end result. However, the soaking, cooking and resting time needed to do so can be a deterrent. In this version the addition of baking soda prior to cooking speeds up the cooking process and assists in breaking down and removing the beans' skins, which are the prime spoiler of creamy, smooth hummus.

### INGREDIENTS

Organic Garbanzo Beans.



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**COUNTRY OF ORIGIN DECLARATION**  
**THIS PRODUCT ORIGINATES FROM INDIA**