

Chickpeas

The chickpea (*Cicer arietinum*) (also garbanzo bean, Indian pea, ceci bean, Bengal gram) is an edible legume of the family Fabaceae, subfamily Faboideae. Chickpeas are high in protein and one of the earliest cultivated vegetables. 7,500-year-old remains have been found in the Middle East. Chick peas and Bengal grams are used to make curries and are one of the most popular vegetarian foods in India, Pakistan, Bangladesh and the UK. On the Indian subcontinent chickpeas are called

Kabuli 8mm

About 8-10 mm in diameter and usually pale yellow in color. Kabuli types are widely used in salads, vegetable, soups and stews and have a slightly different taste than green peas. Garbanzo are found often in Indian and Mediterranean dishes. They are high in fat content and are a good source of calcium, the B Vitamins, protein and iron.



Kabuli 9mm

About 8-10 mm in diameter and usually pale yellow in color. Kabuli types are widely used in salads, vegetable, soups and stews and have a slightly different taste than green peas. Garbanzo are found often in Indian and Mediterranean dishes. They are high in fat content and are a good source of calcium, the B Vitamins, protein and iron.



Desi Chickpeas

Desi Chickpeas (*Cicer arietinum*) Kala Chana, Bengal Gram, Gram, Chana, Desi Chickpeas are a light to dark brown colour. They are in the 6 to 7mm range, with a thick seed coat. The Desi Chickpeas produced are split in half to make Chana Dahl, this split form are ground into flour called Besan



Split Desi

Split Desi Chickpea (Bengal Gram, Yellow Gram, and Gram) Known as Chana Dahl is made from Desi Chickpeas which are peeled and cut in half.

