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	ORGANIC GARBANZO BEANS	Version: 01/2015

## 1. DESCRIPTION

The chickpea (*Cicer arietinum*) is one of the most consumed vegetables in the world for its nutritional and culinary properties, excellent source of protein, high carbohydrate and fiber. It is usually consumed as dry grain, but also used roasted and even milled into flour.

Our company performs all operations from planting, crop monitoring without the use of pesticides, harvesting, conditioning and packaging through a process of good manufacturing practices, to distribution to our customers. Naturally gluten free product, non-GMO (Genetically Modified Organism), 100% organic.

The chickpea plant is small, about 60 cm, herbaceous and annual. The stems are erect, hairy. The roots deep into the soil considerably, hence perfectly suited to arid or dry soils. The leaves are usually imparipinnada, alternate, pubescent and with serrated leaflets. In the axils of the leaves are borne flowers, which are small and solitary.

It is a largely self-pollinating plant, ie, it self-fertilizes. Self-pollination occurs before the flower opens, which is known as cleistogamy. The fruit is a pubescent, pointed pod containing one or two seeds inside. The seed surface is generally wrinkled and its color can be white, cream, beige or brown.

- Seed Season: May– June
- Harvest Season: October – December

## 2. INGREDIENTS


Organic Garbanzo beans

## 3. QUALITY PARAMETERS

### PHYSICAL CHARACTERISTICS

Color	Light Brown
Smell	Characteristic.
Texture	Rough, tough.
Size	8 mm.
	10 mm.
Humedad	14.0% max.
Pureza	99.97% min.
Discorticated	14%
Sprouted	6 % max.
Greens	2.3 %
Brokens	1 %

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Stained	0.9 %
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### NUTRITIONAL COMPOSITION

Comp.	Por 100 grs	Por porcion (240)	Daily requirement %: (by portion, on a 2000 daily calories diet)
<b>Calories:</b>	<b>119</b>	<b>286</b>	<b>14%</b>
<b>Calorias from fat</b>	<b>10</b>	<b>25</b>	
<b>Total Fat:</b>	<b>1.14 grs</b>	<b>2.74 grs</b>	<b>4%</b>
<b>Saturated Fat</b>	<b>0.118 grs</b>	<b>0.283 grs</b>	<b>1%</b>
<b>Monounsaturated Fat</b>	<b>0.51 grs</b>	<b>0.617 grs</b>	
<b>Polyunsaturated Fat</b>	<b>0.257 grs</b>	<b>1.22 grs</b>	
<b>Trans Fats</b>	<b>0</b>	<b>0</b>	
<b>Cholesterol</b>	<b>0</b>	<b>0</b>	
<b>Sodium</b>	<b>299 mg</b>	<b>718 mg</b>	<b>30%</b>
<b>Potasium</b>	<b>172 mg</b>	<b>413 mg</b>	
<b>Carbohydrates</b>	<b>22,62 grs</b>	<b>54.29 grs</b>	<b>18%</b>
<b>Dietary Fiber</b>	<b>4,4 grs</b>	<b>10.6 grs</b>	<b>42%</b>
<b>Proteines</b>	<b>4,95 grs</b>	<b>11.88 grs</b>	
<b>Vitamin A</b>			<b>1%</b>
<b>Vitamin C</b>			<b>15%</b>
<b>Calcium</b>			<b>8%</b>
<b>Iron</b>			<b>18%</b>

### MICROBIOLOGICAL PARAMETERS

<b>Aerobics</b>	10 <sup>6</sup> ufc/g
<b>Enterobacteriace</b>	10 <sup>4</sup> ufc/g
<b>Mold &amp; Yiest</b>	10 <sup>3</sup> ufc/g
<b>Coliforms</b>	10 <sup>3</sup> ufc/g
<b>E. Coli</b>	Ausente en 25 g
<b>Staphylococcus auerurs</b>	Absent in 25 g
<b>Salmonella spp</b>	Absent in 25 g

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#### 4. PESTICIDES

Free of pesticides according to legislation.

#### 5. PACKAGING AND SHELF LIFE.

**Packaging type:** Big bags.

**Storage conditions:** Preserved in a cool, dry place with temperatures below 20 ° C and humidity below 65%.

**Shelf Life:** In good storage conditions has a minimum shelf life of 24 months.

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