



BOB'S RED MILL

# 005643 - Flour Chickpea Garbanzo Bean

Flour made from this delicious bean lends a sweet, rich flavor to baked goods.



## \* Benefits

One, 25 pound bulk bag  
Gluten Free; Vegan; Vegetarian; Stone Ground; High in Fiber; Kosher Pareve  
Manufactured in a dedicated gluten free facility; R5-ELISA tested gluten free  
Stone ground on slow-turning quartz millstones  
Excellent source of dietary fiber; good source of iron

### Ingredients

### ⚠ Allergens

## Nutrition Facts

Servings per Container  
Serving size

Amount per serving  
**Calories**

% Daily Value\*

<b>Total Fat</b>	<b>%</b>
Saturated Fat	%
Trans Fat	
<b>Cholesterol</b>	<b>%</b>
<b>Sodium</b>	<b>%</b>
<b>Total Carbohydrate</b>	<b>%</b>
Dietary Fiber	%
Total Sugars	
Includes Added Sugar	%
<b>Protein</b>	
Vitamin D	%
Calcium	%
Iron	%
Potassium	%

\* 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.

## Handling Suggestions

Keeps best refrigerated or frozen.  
Use as per recipe.

## Serving Suggestions

Can also be used to thicken soups, sauces or gravies.

## Prep & Cooking Suggestions

Use as per recipe.

## 📄 Product Specifications

Brand	Manufacturer	Product Category
BOB'S RED MILL	Bob's Red Mill Natural Foods	Flour & Cornmeal

MFG #	SPC #	GTIN	Pack	Pack Desc.
1260B25	005643	00039978103321	1	1 / ea

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
25.5lb	25lb	No	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
26in	13in	3.81in	0.75ft3	5x16	548DAYS	32°F / 71°F



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## Nutrition Analysis

Calories		Total Fat		Sodium	
Protein		Trans Fats		Calcium	
Total Carbohydrates...		Saturated Fat		Iron	
Sugars		Added Sugars		Potassium	
Dietary Fiber		Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol			
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

