

Chickpeas

The chickpea or chick pea is an annual legume of the family Fabaceae, subfamily Faboideae. Its different types are variously known as gram or Bengal gram, garbanzo or garbanzo bean, or Egyptian pea. Originally found in the Mediterranean and Middle East, chickpeas have since become popular across the world. The chickpea seeds are high in protein and are a key ingredient in Mediterranean and Middle Eastern cuisines, used in hummus, and, when ground into flour, falafel. It is also important in Indian cuisine, used in salads, soups, and stews.

Calories: 162 calories

Protein: 8.86 grams

Carbohydrates: 27.42 grams

Fiber: 7.6 grams

Fat: 2.59 grams

Calcium: 49 mg

Iron: 2.89 mg

Magnesium: 48 mg

Zinc: 1.53 mg