

Chickpeas




As your single source for chickpeas in whole bean, splits, and flour formats, our team is equipped to supply you with scalable volumes, R&D resources and strategic supply chains.

Pulses: chickpeas or garbanzo beans - which ever you call them are on trend and packed with nutrients. They are inherently gluten free, an excellent source of protein and fiber*, and a good source of thiamine & folate**. With the addition of the Hinrichs Trading Company to the Ardent Mills family, your chickpea solutions are backed by the leaders in chickpea expertise, cleaning, and streamlined supply chains with our direct network of 100+ family farms.

With a range of bean sizes (7 - 10mm), as well as bag and tote volumes (20 kg. - 1 Ton), we are ready to support the growing industry trends that star chickpea's role in growing dietary trends as well as traditional and innovative products.



Chickpea Formats

	Category	Application	Nutritional Highlight
	Chickpea Flour	Pasta, pizza, rice, bars, snacks, spreads	Excellent source of protein and fiber* Good source of thiamine & folate**
	Whole Chickpeas	Spreads, salty snacks, soups, salads	Excellent source of fiber, thiamine & folate***

Pack Sizes Available

25 lb. bags, 50 lb. bags, and totes

Most offerings are available in organic.

All offerings are kosher certified and inherently non-GMO.

To learn more about our chickpeas, pulses and plant-based ingredients, contact us at (866) 452-0068 or visit ardentmills.com/chickpeahub

*Protein digestibility varies by food type

**Based on a 30g RACC/serving size

***Based on a 90g RACC/serving size

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