

309246S Gram Flour



Pack Size: 2KG BAG

Details: This flour made from ground chickpeas is great to coat vegetables for pakoras or to make flatbreads. It is pale yellow and powdery and has an earthy flavour best suited to savoury dishes. Gram flour contains no gluten. It is widely used in Indian cookery.

Allergen Information

Free from:

Cereal, Celery, Soya, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide

Suitable for:

Coeliacs, Vegetarians, Vegan

Handling Information

Storage Instructions:

Once opened, transfer to a suitable container and store in a cool, dry place.

Product Ingredients

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Ground Split Chick Peas, Ground Yellow Peas.

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

290 kcal / 1222 kJ

Fat:

0.8 g

of which saturates:

0.4 g

Carbohydrates:

49.6 g

of which sugars:

2.6 g

Fibre:

23 g

Protein:

20.7 g

Salt:

0.01 g

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.

