NEW

Chickapea +GREENS®

Good with every bite.

Organic pasta made with only
chickpeas, lentils, kale & spinach

Next-Level Nutrition Made Simple • More than 2 Servings of Veggies
24g Plant-Based Protein • 11g Fiber • Simple, Clean Ingredients
Great Taste • Smooth Texture • Easy to Cook
Excellent Source of Iron, Vitamin K & B6

Certified B Corporation · USDA Organic · Non GMO Project Verified nongmoproject.org · Certified VegeCert Vegan · Certified COR Kosher 634 · GFCO.ORG · Women Owned

www.chickapea.com

Spirals, Penne & Spaghetti

Comparison Chart

	CHICKAPEA +GREENS	BANZA	TOLERANT CHICKPEA	VEGGIECRAFT FARMS	EXPLORE CUISINE CHICKPEA	AL DENTE CHICKPEA + TURMERIC	ANCIENT HARVEST VEGGIE PASTA
ORGANIC	●		●		●	●	
INCLUDES VEGETABLES	●			●		●	●
PROTEIN*	24g	20g	20g	23g	23g	22g	22g
FIBER*	11g	8g	11g	6g	7g	13g	4g
CERTIFIED B CORPORATION	●						
SINGLE RECIPE LINE**	●	●		●			●
FREE FROM RICE, TAPIOCA, PEA PROTEIN, ADDITIVES	●		●	●		●	
DONATING % OF REVENUE TO CHARITY	●						

*Per 3.5oz (100g) serving

** Chickapea offers a single tested recipe across all items in the chickpea lentil kale spinach line so a consumer knows if they love one shape, they'll love them all.

Plant Based
24g* PROTEIN

more than 2 servings of VEGGIES* PER SERVING

Nutrition Facts

4 servings per container
Serving size 2 oz (57g)

	2 oz (57 g)		3.5 oz (100 g)	
Calories	210		360	
		% Daily Value*		% Daily Value*
Total Fat	2g	3%	3.5g	4%
Saturated Fat	0g	0%	0.5g	3%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	15mg	1%	25mg	1%
Total Carbohydrate	34g	12%	60g	22%
Dietary Fiber	6g	21%	11g	39%
Total Sugars	2g		4g	
Includes Added Sugars	0g	0%	0g	0%
Protein	13g		24g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	71mg	6%	125mg	10%
Iron	3mg	15%	5mg	30%
Potassium	570mg	10%	1000mg	20%
Vitamin C	0.1mg	0%	0.1mg	0%
Vitamin K	42mcg	35%	74mcg	60%
Thiamin	0.5mg	40%	0.9mg	80%
Riboflavin	0.2mg	15%	0.3mg	25%
Vitamin B_6	0.7mg	40%	1.3mg	80%
Folate	120mcg DFE	30%	211mcg DFE	50%
Vitamin B_{12}	0.5mcg	20%	0.9mcg	40%
Phosphorus	222mg	20%	390mg	30%
Magnesium	46mg	10%	80mg	20%
Zinc	2mg	20%	4mg	35%

*The % Daily Value 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.

At Chickapea, we believe that healthy food should be accessible to all. Chickapea donates 2% of all sales to provide organic, regenerative produce to low-income communities.

MADE IN ITALY

Ingredients

Organic chickpea flour, Organic yellow lentil flour, Organic red lentil flour, Organic kale powder, Organic spinach powder.

+GREENS SPIRALS

+GREENS PENNE

+GREENS SPAGHETTI

PRODUCT	PRODUCT CODE (ITEM)	PRODUCT CODE (CASE)	ITEM UPC	CASE UPC	CASE PACK	ITEM WEIGHT	CASE WEIGHT	ITEM DIMENSION L x W x H	CASE DIMENSION L x W x H
+GREENS SPIRALS	GRP1SPIRUSA347	GRP6SPIRUSA344	628451868347	10628451868344	6	227 g / 8 oz	1.59 kg / 3.5 lbs	4.9" x 1.9" x 6.8"	10.25" x 6.5" x 7.5"
+GREENS PENNE	GRP1PENNUSA330	GRP6PENNUSA337	628451868330	10628451868337	6	227 g / 8 oz	1.59 kg / 3.5 lbs	4.9" x 1.9" x 6.8"	10.25" x 6.5" x 7.5"
+GREENS SPAGHETTI	GRL1SPAGUSA323	GRL6SPAGUSA320	628451868323	10628451868320	6	227 g / 8 oz	1.65 kg / 3.65 lbs	11.1" x 1.0" x 2.75"	11.4" x 6.5" x 3.5"