

Chickapea®

Good with every bite.

Organic pasta made with only
chickpeas and lentils



23g Plant-Based Protein • 11g Fiber • Simple, Clean Ingredients
Great Taste • Smooth Texture • Easy to Cook
No Fillers, Additives or Preservatives



Spirals, Shells, Penne, Linguine, Spaghetti, NEW Elbows & NEW Lasagne

Comparison Chart	CHICKAPEA	BANZA	TOLERANT CHICKPEA	VEGGIECRAFT FARMS	EXPLORE CUISINE CHICKPEA	AL DENTE CHICKPEA + TURMERIC	ANCIENT HARVEST PROTEIN CHICKPEA
ORGANIC							
CERTIFIED B CORPORATION							
PROTEIN*	23g	20g	20g	23g	23g	22g	22g
FIBER*	11g	8g	11g	6g	7g	13g	8g
ONLY LEGUMES							
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 line so a consumer knows if they love one shape, they'll love them all.



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.

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
SPIRALS	CPP1SPIRUSA040	CPP6SPIRUSA047	628451868040	10628451868047	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"
SHELLS	CPP1SHELUSA057	CPP6SHELUSA054	628451868057	10628451868054	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"
PENNE	CPP1PENUSA064	CPP6PENUSA061	628451868064	10628451868061	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"
ELBOWS	CPP1ELBOUSA606	CPP6ELBOUSA603	628451868606	10628451868603	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"
SPAGHETTI	CLP1SPAGUSA279	CLP6SPAGUSA276	628451868279	10628451868276	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"
LINGUINE	CLP1LINGUSA286	CLP6LINGUSA283	628451868286	10628451868283	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"
LASAGNE	CLP1LASAUSA569	CLP6LASAUSA566	628451868569	10628451868566	6	227 g / 8 oz	1.63 kg / 3.6 lbs	10.7" x 2.4" x 3.25"	11.2" x 10.2" x 5.1"

plant Based

23g*
PROTEIN

Nutrition Facts

4 servings per container
Serving size 2oz (56g)

	2oz (56g)	4oz (112g)
Calories	210	370
	% 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	0mg 0%	0mg 0%
Total Carbohydrate	34g 12%	61g 22%
Dietary Fiber	6g 21%	11g 39%
Total Sugars	1g	2g
Includes Added Sugars	0g 0%	0g 0%
Protein	13g	23g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	66mg 6%	118mg 10%
Iron	3mg 15%	5mg 30%
Potassium	562mg 10%	1000mg 20%
Thiamin	0.5mg 40%	0.8mg 70%
Riboflavin	0.1mg 8%	0.2mg 15%
Niacin	1mg 6%	1mg 6%
Vitamin B6	0.3mg 20%	0.5mg 30%
Folate	99mcg DFE 25%	177mcg DFE 45%
Vitamin B12	0.5mcg 20%	0.9mcg 40%
Phosphorus	224mg 20%	400mg 30%
Magnesium	46mg 10%	82mg 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.

MADE IN ITALY
Ingredients
Organic chickpea flour, organic yellow lentil flour, organic red lentil flour.

SPIRALS

6 28451 86804 0

SHELLS

6 28451 86805 7

PENNE

6 28451 86806 4

ELBOWS NEW

6 28451 86860 6

SPAGHETTI

6 28451 86827 9

LINGUINE

6 28451 86828 6

LASAGNE NEW

6 28451 86856 9