

Chickapea®

Good with every bite.

Organic pasta made with only
chickpeas and lentils



Tastes Great • Smooth Texture • Easy to Cook • Plant-Based Protein



Spirals, Shells, Penne, Linguine and Spaghetti



Delicious and
nutritious
plant-based
protein

At Chickapea, we believe that healthy food should be accessible to all. For every Chickapea product sold, we donate 3 cents to provide nutritious school lunches to children in need.

Comparison Chart

Good with every bite!

	CHICKAPEA	BANZA	ANCIENT HARVEST POW! CHICKPEA	EXPLORE CUISINE CHICKPEA	TOLERANT CHICKPEA	FELICIA GREEN PEA	CYBELE'S RED LENTIL TOMATO & RED BELL PEPPER	AL DENTE CHICKPEA + TURMERIC
ORGANIC	●			●	●	●		●
CERTIFIED B CORPORATION	●							
PROTEIN*	23g	23g	21g	23g	20g	20g	24g	22g
FIBER*	11g	8g	8g	7g	11g	9g	6g	13g
ONLY LEGUMES	●				●	●		
SINGLE RECIPE ALL SKUS**	●	●						
NO RICE, TAPIOCA OR ADDITIVES	●				●	●	●	●
NO ADDED PEA PROTEIN	●		●		●	●	●	●

*Per 3.5oz (100g) serving

** Chickapea offers a single tested recipe across all skus so a consumer knows if they love one shape, they'll love them all. Our recipe is unique from other brands.

SPIRALS	SHELLS	PENNE	SPAGHETTI	LINGUINE
6 28451 86804 0	6 28451 86805 7	6 28451 86806 4	6 28451 86827 9	6 28451 86828 6

PRODUCT	PRODUCT CODE (ITEM)	PRODUCT CODE (CASE)	ITEM UPC	CASE UPC	CASE PACK	ITEM WEIGHT	CASE WEIGHT	ITEM DIMENSION	CASE DIMENSION
SPIRALS	CPP1SPIRUSA040	CPP6SPIRUSA047	628451868040	10628481868047	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	CPP1PENNUSA064	CPP6PENNUSA061	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"
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"

Nutrition Facts

4 servings per container
Serving size

	2oz (56g)	3.5oz (100g)
Calories	210	370
	% Daily Value*	% Daily Value*
Total Fat	2g	3.5g
Saturated Fat	0g	0.5g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	0mg	0mg
Total Carbohydrate	34g	61g
Dietary Fiber	6g	11g
Total Sugars	1g	2g
Includes Added Sugars	0g	0g
Protein	13g	23g
Vitamin D	0mcg	0mcg
Calcium	66mg	118mg
Iron	3mg	5mg
Potassium	560mg	1000mg
Thiamin	0.5mg	0.8mg
Riboflavin	0.1mg	0.2mg
Niacin	1mg	1mg
Vitamin B6	0.3mg	0.5mg
Folate	99mcg DFE	177mcg DFE
Vitamin B12	0.5mcg	0.9mcg
Phosphorus	224mg	400mg
Magnesium	46mg	82mg
Zinc	2mg	4mg

*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.

Ingredients

Organic chickpea flour, organic yellow lentil flour, organic red lentil flour.