

DR.AKYOL CHICKPEA FLOUR

Health from Nature



Chickpea Flour Technical Specifications

Quality	A Natural product that fits human consumption and health improvement as a natural food item
Store & Shelf Life	It must be stored under dry, cool, well aerated and away from direct sun light, the expiry date under mentioned conditions is 12 months after production date in its original packing
Packing	Available with 500 gr and 1000 gr aluminum pe packs by International packing standards
Specifications	<ul style="list-style-type: none">» It does not contain any coloring , preservative, aromatizing agents, any sweeteners or gelatins, it is 100% natural product» Well cleaned» Well ground by natural stone mill» It has its specific aroma» Natural vegan» A wonderful source of protein» It has high fibers and is therefore digestive system friendly» It is rich of B1, B6 and B9 vitamins, supports the nervous system» Rich from magnesium, zinc and iron» It has low glycemic index» A very good alternative to wheat flour» With its natural yellowish color, it can be used as main or additional ingredient In many of the bakery recipes» It does not contain GLUTEN or LACTOSE

Nutritional Values for 100 gr

Energy	339,8 kcal / 1.423.0 kJ
Protein	19 g
Carbohydrates	44 g
Sugar	2,4 g (low glycemic index)
Fat	5,9 g
Saturday Fat	1,1 g
Fiber	16 g



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Chickpea Flour Wonderful Recipes

Falafel from Dr Akyol Chickpea Flour

Ingredients;

- » 1/2 cup chickpea flour
- » 1/2 tea cup cumin
- » 1/2 pinch parsley
- » 2 clove garlic
- » 1/2 tea spoon baking powder
- » 1 coffee spoon salt
- » 1 cup boiling water
- » 1 tablespoon olive oil
- » 1 lemon juice

Method;

Place chickpea flour, cumin, parsley, baking powder and salt into a bowl and stir them . Add hot water slowly and stir. Let the dough stay for 15 minutes then add garlic, olive oil and lemon juice in the mixture and stir. Take some part from the dough i.e in size of a walnut and roll it. Then fry it on a well fried pan with deep-fry.



Chickpea Flour vs Wheat Flour Today



Nutritional value based on 100 g of flour

