



Cento Chick Peas

12/19 oz (UPC 70796-80001)

Cento Chick Peas make a great addition to your favorite salad or soup and are perfect for any hummus recipe. Not only delicious, chick peas are gluten free and a good source of fiber and protein.

Nutrition Facts

Serving size 100g

Amount per serving

Calories 100

% Daily Value*

Total Fat 2g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 177mg **8%**

Total Carbohydrate 16g **6%**

Dietary Fiber 3g **11%**

Total Sugar 3g

Includes 0g Added Sugars **0%**

Protein 5g

Vit. D 0.0mcg 0% Calcium 15mg 2%

Iron 1.2mg 6% Potas. 192mg 5%

*The % Daily Value (DV) 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: Prepared Chick Peas, Water, Salt.

- Good Source of Fiber
- Gluten Free
- Good Source of Protein



*Images not to scale

Each 1/2 cup (130g) portion contains:

CALORIES	FAT	CARBS	SODIUM
130	2g	21g	230mg
% Daily Value	3%	8%	10%

"Trust Your Family With Our Family"

Updated: 08/25/26