

ORGANIC PREGELATINIZED CHICKPEA FLOUR 25.890



AGRANAs cold water soluble innovation

Why especially chickpea flour?

Chickpea flour or gram flour or besan is a pulse flour made of ground chickpeas also known as garbanzo beans. Originally, it is a staple ingredient in the cuisine of the Indian subcontinent and gets more and more popular all around the world. Chickpea flour contains no gluten and a higher proportion of protein and carbohydrates and higher fiber relative to other flours.

Pulses in general are one of the best sources of resistant starch, which functions much like dietary fiber. Raw, dried pulses contain about 20-30% resistant starch by weight. Fully cooked pulses contain only about 4-5% of their total weight as resistant starch, still 4-5 times more than other starchy foods such as white bread or potatoes: Enough to have a significant impact on glycemic index, reduced insulin response, satiety and caloric content.

(Adopted from <https://www.hsph.harvard.edu/nutritionsource/2015/11/16/ask-the-expert-legumes-and-resistant-starch/>)

TREND



- Organic
- Vegan
- Clean Label
- High Fiber
- Convenient
- High Protein
- Plant Protein Source

Chickpeas are characterized by numerous valuable ingredients, e.g. vitamins B1, B2 and folic acid. They are rich in the minerals magnesium, manganese, copper, zinc and iron and contain as a top protein source especially the essential amino acids lysine and threonine. Moreover they have a low glycemic index (<55), they are low in saturated fat, cholesterol and sodium. Thanks to the high proportion of fibre, they ensure a healthy metabolism, prevent cardiovascular diseases and also have antioxidant properties.

(from <https://www.zentrum-der-gesundheit.de/kichererbsen.html>)

Pregelatinization

Cooking treatments do not lead to variance in total protein and carbohydrate content. Soaking and cooking of dry seeds possibly induces modification of protein-fiber complexes, which leads to an increase in crude fiber content. Thus, cooking can increase protein quality by inactivating or destroying heat-labile antinutritional factors. Cooking also increases protein digestibility, essential amino acid index, and protein efficiency ratio.

(Adopted from <https://en.wikipedia.org/wiki/Chickpea>)

Advantages of Pregelatinization

- Replaces chickpea cooking treatment
- Neutral odour and taste (reduces strong pulse taste)
- No pre-soaking or cooking is necessary
- Enhances the viscosity
- Ideal flavour carrier
- Improvement of oil absorption
- High water binding capacity
- Cereal flour substitute

Traditional and surprising applications

- Hummus
- Noodles
- Soups and Dips
- Fillings
- Bakery and Bread
- Ice cream
- Flaky pastries
- Pralines and Cookies



Chickpea Flour





Surprisingly
indulgent!

Incredible Creamy Peanut-Chickpea Ice Pops

INGREDIENTS

½ cup preg. Chickpea flour 25.890
½ cup water
½ cup peanut butter
1 cup whipped cream
½ tbs cinnamon
1 tbs icing sugar
½ tbs vanilla sugar
2 tbs coconut oil
3 tbs Baileys Caramel
5 tbs roasted coconut flakes (coating)

INSTRUCTIONS

Blend all ingredients together until smooth, thick and creamy. Spoon into ice pop moulds and add a stick. Freeze until solid. Defrost for a few minutes prior to eating for your unique melting moment!

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