

Peanut Butter Taste. No Nuts.



The Amazing Chickpea
www.theamazingchickpea.com



Ingredients and Nutrition Facts 12 oz.

Creamy



Ingredients: Roasted Chickpeas, Roasted Sunflower Seeds, Olive Oil, Cane Sugar, Palm Oil, Salt, Natural Flavor

Nutrition Facts	
About 10 Servings Per Container	
Serving size	2 TBSP (32g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 1mg	6%
Potassium 167mg	4%
*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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



Crunchy



Ingredients: Roasted Chickpeas, Roasted Sunflower Seeds, Olive Oil, Cane Sugar, Crushed Roasted Chick-peas, Palm Oil, Salt, Natural Flavor

Nutrition Facts	
About 10 Servings Per Container	
Serving size	2 TBSP (32g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 1mg	6%
Potassium 171mg	4%
*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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



Original



Ingredients: Roasted Chickpeas, Cane Sugar, Olive Oil, Palm Oil, Salt

Nutrition Facts	
About 10 Servings Per Container	
Serving size	2 TBSP (32g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 178mg	4%
*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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



Chocolate



Ingredients: Roasted Chickpeas, Cane Sugar, Olive Oil, Cocoa Powder, Palm Oil, Natural Flavor

Nutrition Facts	
About 10 Servings Per Container	
Serving size	2 TBSP (32g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 1mg	6%
Potassium 98mg	2%
*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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

