

BLACK CHICK PEAS 1KG



Power up your meals with **Swastik Black Chickpeas 1KG**, also known as *Kala*

Chana - a wholesome, protein-packed legume that's a staple in Indian kitchens. Naturally grown and hygienically packed, these chickpeas are perfect for curries, sprouts, snacks, and fasting recipes.

Swastik Black Chickpeas (Kala Chana) 1KG - Protein-Rich Superfood for Everyday Nutrition

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□ Key Features:

- **100% Natural Black Chickpeas** - Unpolished and chemical-free
- **High in Protein & Dietary Fiber** - Ideal for muscle and gut health
- **Rich in Iron, Calcium & Essential Nutrients**
- **Low Glycemic Index** - Suitable for diabetics and fitness diets
- **Hygienically Cleaned & Packed** - Long shelf life and consistent quality

□ Health Benefits:

- Supports digestion and aids weight management

- Helps regulate blood sugar levels
- Provides long-lasting energy and satiety
- Great for vegetarian and vegan diets

□ **Usage Ideas:**

- Use in curries, salads, chaat, or boiled snacks
- Soak overnight and sprout for added nutrition
- Prepare for vrat/fasting-friendly recipes

□ **Pack Size: 1 Kilogram**

□ **Brand: Swastik**

Choose **Swastik Black Chickpeas 1KG** for pure, nutritious, and versatile legumes – perfect for healthy living and traditional taste.

Categories: Lentile