



BLACK CHICK PEAS 5KG



Fuel your family's health with **Swastik Black Chickpeas 5KG**, also known as *Kala Chana*. These naturally grown, nutrient-dense legumes are a rich source of plant-



based protein, fiber, iron, and essential minerals. Ideal for everyday cooking, large families, or food services, this 5KG bulk pack offers excellent quality and value.

Swastik Black Chickpeas (Kala Chana) 5KG - Bulk Pack of Protein-Rich Indian Superfood

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□ **Key Features:**

- **100% Natural & Unpolished Black Chickpeas**
- **High in Protein & Dietary Fiber** - Supports muscle & gut health
- **Rich in Iron, Magnesium & Calcium** - Great for energy & immunity
- **Low Glycemic Index** - Suitable for diabetics & fitness diets
- **Bulk Family Pack (5KG)** - Cost-effective & long-lasting

□ **Health Benefits:**

- Helps in weight management and digestion
- Boosts energy and keeps you full longer



- Aids in controlling blood sugar levels
- Great source of plant-based nutrition for vegetarians and vegans

☐ **Usage Ideas:**

- Prepare in traditional Indian curries, dry sabzis, and chaats
- Soak and sprout for added nutritional value
- Use in fasting (upvas) dishes or as healthy snacks

☐ **Pack Size: 5 Kilograms**

☐ **Brand: Swastik**

Choose **Swastik Black Chickpeas 5KG** – the trusted kitchen essential for large households, bulk buyers, or anyone seeking natural nutrition in every bite.

Categories: Lentile