

## 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