

KABULI CHICK BEANS 12MM 1KG



Discover the **gold standard of chickpeas** with Swastik's premium **12mm Kabuli Chana**. These **extra-large, ivory-white chickpeas** are hand-selected for



their **plump size, smooth texture, and superior taste**, making them perfect for your favorite dishes.

## **Swastik Kabuli Chana 12mm (1kg) - Premium Large White Chickpeas**

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### □ **Key Benefits:**

- ✓ **Jumbo 12mm Size** - 30% larger than regular chana for better texture
- ✓ **High Protein & Fiber** - 19g protein & 17g fiber per 100g (when cooked)
- ✓ **Versatile Usage** - Ideal for **chana masala, hummus, salads, snacks**
- ✓ **Quick Cooking** - Softens evenly when pre-soaked
- ✓ **100% Natural** - No artificial additives or preservatives

### □ **Premium Quality Features:**

- Sourced from select farms for consistent size
- Triple-cleaned for purity
- Hygienically packed to preserve freshness

### □ **Perfect For:**

- Restaurant-style chole bhature
- Creamy hummus & falafel
- Protein-packed salads
- Roasted chana snacks

### ☪ **Easy Cooking Guide:**

1. Soak 8-12 hours (or quick soak 1 hour in hot water)



2. Pressure cook 15-20 mins until tender

3. Use in curries, soups or mash for dips

### **Why Swastik?**

- India's trusted pulses brand since 1987
- Consistent quality in every pack
- Preferred by home cooks & chefs alike

□ **Add Swastik Kabuli Chana 12mm (1kg) to your cart today** - elevate your cooking with premium ingredients!

**Categories:** Lentile