



#### History/Origin

- ☆ Garbanzo beans originated in the **Middle East** and spread to India and Africa from there.
- ☆ **7,500-year-old remains** of garbanzo beans have been found in the Middle East.
- ☆ They are one of the earliest cultivated vegetables ~ in about **3000 BC**.
- ☆ Garbanzo beans are one of the most popular **vegetarian foods** in India, Pakistan, Bangladesh and the UK.
- ☆ **India** is the world leader in garbanzo bean production.



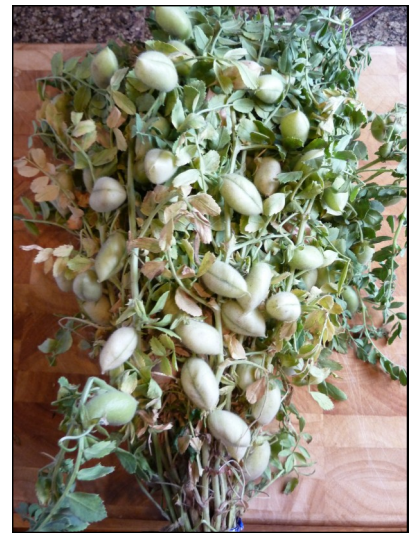


Botanical

# GARBANZO BEANS

*Try a fresh garbanzo bean!  
Bright green, sweet and crunchy.*

- ☆ Garbanzo beans are large roundish **edible legumes** of the family **Fabaceae**.
- ☆ They look like **a large round pea** with an interesting bumpy surface.
- ☆ The plant grows to between 20 and 50 cm high and has small **feathery leaves** on either side of the stem.
- ☆ It has white flowers with blue, violet or pink veins. One seedpod contains **two or three peas**.





*Open can, drain juice,  
serve like croutons  
on a salad.*

## GARBANZO BEANS

Nutrition

- ☆ Garbanzo beans are a **high fiber food** and an excellent source of **protein**. They are also a good source of **calcium**.
- ☆ High fiber foods help decrease both **coronary heart disease** and **cardiovascular disease**.
- ☆ Combined with grain—such as rice or pasta—it becomes a complete protein, **as good as meat**, but **without the fat**.
- ☆ Garbanzo beans also can prevent **blood sugar levels** from rising too rapidly after a meal, benefiting people with diabetes.





# GARBANZO BEANS

Fun Facts

- ☆ Garbanzo beans are also known as **chickpeas**, **Indian peas**, **ceci beans**, and **Bengal grams**.
- ☆ In 1793, ground-roast chickpeas were noted by a German writer as a **coffee substitute** in Europe.
- ☆ Canned garbanzo beans **do not lose any nutrient value when canned**.
- ☆ One of the best dishes to **fight heart disease** is Hummus, a famous Middle Eastern spread made from garbanzo beans.

