

Chickpeas

- [Phytopedia](#)
- [LENTIL](#)



Chickpea is an iron source and is an effective cleansing agent

GEEK TALK

Cicer arietinum

BUT WE TALK

Bengal gram, Channa, Kondai kadalai, sanagalu & calavance

DID YOU KNOW?

It is one of the earliest cultivated legumes: 7,500-year-old found in the Middle East. Chickpea is the world's second-largest cultivated legume. India is the world's largest producer and consumer of chickpea, accounting for over 66% of world production.

It is a dry-season legume that grows well on the residual moisture of the post-rainy season, providing a unique opportunity of enhancing legume production in developing countries and this feature gives farmers a second increasing income by planting the second crop.

Chickpea is generally consumed whole, split or ground to a flour or paste. Chickpea by-products or waste such as low-grade chickpea, culled chickpeas, chickpea husks, chickpea hay, and straw are used for animal feed.

They are a good source of folate and protein. Folate is water-soluble Vitamin B, which reduces the risk of colorectal cancer. Chickpeas are also a rich source of calcium equivalent to Yogurt and it also contains minerals.

KITCHEN PHARMACY

- **Anemia:** – Fresh juice of Bengal gram leaves is a very rich source of iron. It is, therefore beneficial in the treatment of iron deficiency anemia.
- **Skin and Hair Disease:** – Flour of the un-roasted Bengal gram is a very effective cleansing agent and its regular use as a cosmetic cleanses the skin

RECIPES USING THIS INGREDIENT

