

## Ceci Secchi (Italian Dried Chickpeas)



Chickpeas is a kind of legume much appreciated since ancient times in the kitchen. They are a complete food from a nutritional point of view, due to its high protein content and energy properties. They are very rich in vegetable proteins, fibers, vitamins, trace elements and minerals such as iron, potassium, calcium, phosphorus, and magnesium.

Nutritional properties of Chickpeas.

The Chickpeas are rich in protein, very poor in saturated fat and rich in fiber. It has many minerals, especially phosphorus, iron and magnesium and is especially rich in vitamins B1, B6, and folic acid, of great nutritional value (more than 300 calories per 100 grams of product and 6 grams of fat), chickpeas contain almost all the essential amino acids and, although their composition contains 50% of complex carbohydrates, their glycemic index is rather low thanks to the high fiber content. The protein content is also high, which makes them particularly suitable for people who follow a vegetarian type diet. They are rich in vitamins and minerals, polyunsaturated fatty acids.

Preparation tips:

Chickpea tastes slightly nutty. The seeds are an important ingredient in many oriental and Mediterranean dishes: chickpea porridge is used to make falafel, and delicious hummus is prepared as a paste with sesame seeds. In stews as the main ingredient or as a side dish, the chickpeas also taste very good.

They are also popular in making curries giving them a nutty flavor. Ceci flour is an alternative to wheat flour and can also be used in baked goods, make Pasta gluten free etc. Tips: Try roasted or fry chickpea also as a snack.

Hummus, Chickpea dumplings (falafel) Pasta with Ceci soup and numerous salad with Ceci beans are very popular in the restaurants