

One Amazing Idea. Seven Amazing Flavors.



The Amazing Chickpea

Smart. Delicious. Choices.

The Amazing Chickpea School Food Service Lineup for 2024!

Spreads! 1 M/MA Peanut-Free, Tree Nut-Free, Vegan, Gluten-Free and Soy-Free 7 Great Flavors!



Sandwiches! 2 M/MA. 2 Grain, Peanut Free, Tree Nut Free, Gluten Free and Soy Free Vegan



Featuring! 15 lb. Pails of Our Most Popular Flavors



Contact Sunil Kumar: (612) 548-1099
k12support@theamazingchickpea.com

The Amazing Chickpea® LLC

9900 13th Ave. N. Suite #150 Plymouth, MN 55441
www.theamazingchickpea.com



The Amazing Chickpea

Single Serve Spreads.

1 M/MA, Peanut-Free, Tree Nut-Free, Gluten-Free, Soy-Free.

F9031 Single Serve Creamy



Nutrition Facts	
1 serving	2 TBSP (32g)
Calories	180
Amount per serving	
Total Fat 15g	30%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 50mg	4%
Total Carbohydrate 15g	3%
Dietary Fiber 2g	7%
Total Sugars 5g	10%
Includes 1g Added Sugars	2%
Protein 5g	10%
Vitamin D 0mg	0%
Calcium 10mg	2%
Iron 1mg	2%
Potassium 150mg	3%

INGREDIENTS: Ingredients: Roasted Chickpeas, Canola Oil, Roasted sunflower seeds, Sugar (contains corn starch), Palm Oil, Salt, Natural Flavor.

F9030 Single Serve Chocolate



Nutrition Facts	
1 serving	2 TBSP (32g)
Calories	170
Amount per serving	
Total Fat 15g	30%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 50mg	4%
Total Carbohydrate 15g	3%
Dietary Fiber 2g	7%
Total Sugars 5g	10%
Includes 1g Added Sugars	2%
Protein 5g	10%
Vitamin D 0mg	0%
Calcium 10mg	2%
Iron 1mg	2%
Potassium 150mg	3%

INGREDIENTS: Roasted Chickpeas, Canola oil, Sugar (contains corn starch) Cocoa Powder, Palm Oil, Natural Flavor.

F9038 Single Serve Apple-Cinnamon



Nutrition Facts	
1 serving	2 TBSP (32g)
Calories	160
Amount per serving	
Total Fat 15g	30%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 50mg	4%
Total Carbohydrate 15g	3%
Dietary Fiber 2g	7%
Total Sugars 5g	10%
Includes 1g Added Sugars	2%
Protein 5g	10%
Vitamin D 0mg	0%
Calcium 10mg	2%
Iron 1mg	2%
Potassium 150mg	3%

INGREDIENTS: Roasted Chickpeas, Canola oil, Sugar (contains corn starch), Palm Oil, Cinnamon, Salt, Apple Flake Powder, Natural Flavor.

F9039 Single Serve Pumpkin-Spice



Nutrition Facts	
1 serving	2 TBSP (32g)
Calories	170
Amount per serving	
Total Fat 15g	30%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 50mg	4%
Total Carbohydrate 15g	3%
Dietary Fiber 2g	7%
Total Sugars 5g	10%
Includes 1g Added Sugars	2%
Protein 5g	10%
Vitamin D 0mg	0%
Calcium 10mg	2%
Iron 1mg	2%
Potassium 150mg	3%

INGREDIENTS: Ingredients: Roasted Chickpeas, Canola oil, Sugar (contains corn starch), Pumpkin Powder, Palm Oil, Natural Flavor, Cinnamon Powder, Salt.

F9053 Single Serve Banana-Cinnamon



Nutrition Facts	
1 serving	2 TBSP (32g)
Calories	160
Amount per serving	
Total Fat 15g	30%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 50mg	4%
Total Carbohydrate 15g	3%
Dietary Fiber 2g	7%
Total Sugars 5g	10%
Includes 1g Added Sugars	2%
Protein 5g	10%
Vitamin D 0mg	0%
Calcium 10mg	2%
Iron 1mg	2%
Potassium 150mg	3%

INGREDIENTS: Roasted Chickpeas, Canola Oil, Sugar (contains corn starch), Palm Oil, Cinnamon, Banana Powder, Natural Flavor (Organic Sunflower Oil, Natural Flavors, Medium Chain Triglycerides), Salt.

F9052 Single Serve Maple-Cinnamon



Nutrition Facts	
1 serving	2 TBSP (32g)
Calories	170
Amount per serving	
Total Fat 15g	30%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 50mg	4%
Total Carbohydrate 15g	3%
Dietary Fiber 2g	7%
Total Sugars 5g	10%
Includes 1g Added Sugars	2%
Protein 5g	10%
Vitamin D 0mg	0%
Calcium 10mg	2%
Iron 1mg	2%
Potassium 150mg	3%

INGREDIENTS: Roasted Chickpeas, Canola Oil, Sugar (contains corn starch), Palm Oil, Maple Sugar, Cinnamon Powder, Natural Flavor, Salt.

F9051 Single Serve Chili Lime Hummus



Nutrition Facts	
1 serving	2 TBSP (32g)
Calories	170
Amount per serving	
Total Fat 15g	30%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 50mg	4%
Total Carbohydrate 15g	3%
Dietary Fiber 2g	7%
Total Sugars 5g	10%
Includes 1g Added Sugars	2%
Protein 5g	10%
Vitamin D 0mg	0%
Calcium 10mg	2%
Iron 1mg	2%
Potassium 150mg	3%

INGREDIENTS: Roasted Chickpeas, Canola Oil, Sugar (contains corn starch), Lime Juice Powder (Maltodextrin, Lime Juice Concentrate), Palm Oil, Cayenne Pepper, Citric Acid, Salt, Natural Flavor, (Organic Sunflower Oil, Natural Flavors, Vitamin E (D-Alpha Tocopherol)).

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The Amazing Chickpea

Chickpea Butter Sandwiches

2 M/MA, 2 Grain, Peanut-Free, Tree Nut-Free, Soy-Free.

F9040 Creamy Chickpea Butter & Grape Jelly



Nutrition Facts	
1 serving	2 TBSP (32g)
Serving size	
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 1mg	0%
Potassium 164mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Sandwich Ingredients: Whole Grain Bread (Water, Whole Wheat Flour, Enriched Unbleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Wheat Gluten, Contains 2% or less of: Yeast, Soybean Oil, Salt, Dough Conditioners [Monoglycerides, Sodium Stearoyl Lactate, Ascorbic Acid, Calcium Sulfate, Enzymes], Monocalcium Phosphate, Calcium Propionate [Preservative], Sesame Flour), Chickpea Spread (Roasted Chickpea, Canola Oil, Sunflower Butter [Sunflower Kernels], Powdered Sugar [contains Corn Starch], Palm Oil, Salt, Flavor [Medium Chain Triglycerides, Natural Flavor]), Grape Jelly Filling (Corn Syrup, Water, Sugar, Grape Juice Concentrate, Modified Food Starch, Contains less than 2% of: Corn Starch, Apples, Gellan Gum, Citric Acid, Sodium Benzoate and Potassium Sorbate [Preservatives]). Contains Sesame, Wheat.

F9042 Chocolate+Chickpea Butter



Nutrition Facts	
1 serving	2 TBSP (32g)
Serv. size	
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 7g Added Sugars	14%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 2mg	10%
Potassium 132mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Sandwich Ingredients: Whole Grain Bread (Water, Whole Wheat Flour, Enriched Unbleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Wheat Gluten, Contains 2% or less of: Yeast, Soybean Oil, Salt, Dough Conditioners [Monoglycerides, Sodium Stearoyl Lactate, Ascorbic Acid, Calcium Sulfate, Enzymes], Monocalcium Phosphate, Calcium Propionate [Preservative], Sesame Flour), Roasted Chickpea, Canola Oil, Powdered Sugar [Contains Cornstarch], Sunflower Butter (Sunflower Kernels), Vegetable Pea Protein Isolated from Yellow Pea, Palm Oil, Cocoa Powder, Flavor [Medium Chain Triglycerides, Natural Flavor], Salt.

F9041 Apple-Cinnamon Chickpea Butter & Jelly



Nutrition Facts	
1 serving	2 TBSP (32g)
Serving size	
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 2g Added Sugars	4%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 1mg	0%
Potassium 178mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Sandwich Ingredients: Whole Grain Bread (Water, Whole Wheat Flour, Enriched Unbleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Wheat Gluten, Contains 2% or less of: Yeast, Soybean Oil, Salt, Dough Conditioners [Monoglycerides, Sodium Stearoyl Lactate, Ascorbic Acid, Calcium Sulfate, Enzymes], Monocalcium Phosphate, Calcium Propionate [Preservative], Sesame Flour), Apple-Cinnamon Chickpea Spread (Roasted Chickpea, Canola Oil, Powdered Sugar [contains Corn Starch], Palm Oil, Cinnamon, Salt, Apple Powder [Medium Chain Triglycerides, Natural Flavor]), Grape Jelly Filling (Corn Syrup, Water, Sugar, Grape Juice Concentrate, Modified Food Starch, Contains less than 2% of: Corn Starch, Apples, Gellan Gum, Citric Acid, Sodium Benzoate and Potassium Sorbate [Preservatives]). Contains Sesame, Wheat.

F9046 Chickpea Butter & Strawberry Jelly



Nutrition Facts	
1 serving	2 TBSP (32g)
Serv. size	
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 1mg	0%
Potassium 224mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Sandwich Ingredients: Chickpea Spread (Roasted Chickpea, Canola Oil, Sunflower Butter [Sunflower Kernels], Powdered Sugar [contains Corn Starch], Palm Oil, Salt, Flavor [Medium Chain Triglycerides, Natural Flavor]), Whole Grain Bread (Whole Wheat Flour, Enriched Unbleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Wheat Gluten, Contains 2% or less of: Yeast, Soybean Oil, Salt, Dough Conditioners [Monoglycerides, Sodium Stearoyl Lactate, Ascorbic Acid, Calcium Sulfate, Enzymes], Monocalcium Phosphate, Calcium Propionate [Preservative], Sesame Flour), Strawberry Preserves (Strawberries, Corn Syrup, Sugar, Citric Acid, Pectin, Potassium Sorbate [Preservative]). Contains Wheat, Sesame.

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The Amazing Chickpea

15 lb. Bulk Pails

1 M/MA, Peanut-Free, Nut-Free, Shelf-Stable, Gluten-Free, Soy-Free.

F9016 Creamy



Nutrition Facts	
About 212 servings Serving size 2 TBSP (32g)	
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 10g	20%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 50mg	1%
Total Carbohydrate 10g	2%
Dietary Fiber 2g	4%
Total Sugars 4g	8%
Includes 3g Added Sugars	6%
Protein 5g	10%
Vitamin D 0mg	0%
Calcium 10mg	2%
Iron 1mg	2%
Potassium 100mg	2%

INGREDIENTS: Ingredients: Roasted Chickpeas, Canola Oil, Roasted sunflower seeds, Sugar (contains corn starch), Palm Oil, Salt, Natural Flavor.

F9017 Chocolate



Nutrition Facts	
About 212 servings Serving size 2 TBSP (32g)	
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 10g	20%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 50mg	1%
Total Carbohydrate 10g	2%
Dietary Fiber 2g	4%
Total Sugars 4g	8%
Includes 3g Added Sugars	6%
Protein 5g	10%
Vitamin D 0mg	0%
Calcium 10mg	2%
Iron 1mg	2%
Potassium 100mg	2%

INGREDIENTS: Roasted Chickpeas, Canola oil, Sugar (contains corn starch) Cocoa Powder, Palm Oil, Natural Flavor.

F9018 Apple-Cinnamon



Nutrition Facts	
About 212 servings Serving size 2 TBSP (32g)	
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 10g	20%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 50mg	1%
Total Carbohydrate 10g	2%
Dietary Fiber 2g	4%
Total Sugars 4g	8%
Includes 3g Added Sugars	6%
Protein 5g	10%
Vitamin D 0mg	0%
Calcium 10mg	2%
Iron 1mg	2%
Potassium 100mg	2%

INGREDIENTS: Roasted Chickpeas, Canola oil, Sugar (contains corn starch), Palm Oil, Cinnamon, Salt, Apple Flake Powder, Natural Flavor.

F9023 Pumpkin-Spice



Nutrition Facts	
About 212 servings Serving size 2 TBSP (32g)	
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 10g	20%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 50mg	1%
Total Carbohydrate 10g	2%
Dietary Fiber 2g	4%
Total Sugars 4g	8%
Includes 3g Added Sugars	6%
Protein 5g	10%
Vitamin D 0mg	0%
Calcium 10mg	2%
Iron 1mg	2%
Potassium 100mg	2%

INGREDIENTS: Ingredients: Roasted Chickpeas, Canola oil, Sugar (contains corn starch), Pumpkin Powder, Palm Oil, Natural Flavor, Cinnamon Powder, Salt.

F9058 Banana-Cinnamon



Nutrition Facts	
About 212 servings Serving size 2 TBSP (32g)	
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 10g	20%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 50mg	1%
Total Carbohydrate 10g	2%
Dietary Fiber 2g	4%
Total Sugars 4g	8%
Includes 3g Added Sugars	6%
Protein 5g	10%
Vitamin D 0mg	0%
Calcium 10mg	2%
Iron 1mg	2%
Potassium 100mg	2%

INGREDIENTS: Roasted Chickpeas, Canola Oil, Sugar (contains corn starch), Palm Oil, Cinnamon, Banana Powder, Natural Flavor (Organic Sunflower Oil, Natural Flavors, Medium Chain Triglycerides), Salt.

F9057 Maple-Cinnamon



Nutrition Facts	
About 212 servings Serving size 2 TBSP (32g)	
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 10g	20%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 50mg	1%
Total Carbohydrate 10g	2%
Dietary Fiber 2g	4%
Total Sugars 4g	8%
Includes 3g Added Sugars	6%
Protein 5g	10%
Vitamin D 0mg	0%
Calcium 10mg	2%
Iron 1mg	2%
Potassium 100mg	2%

INGREDIENTS: Roasted Chickpeas, Canola Oil, Sugar (contains corn starch), Palm Oil, Maple Sugar, Cinnamon Powder, Natural Flavor, Salt.

F9056 Chili-Lime Hummus



Nutrition Facts	
About 212 servings Serving size 2 TBSP (32g)	
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 10g	20%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 50mg	1%
Total Carbohydrate 10g	2%
Dietary Fiber 2g	4%
Total Sugars 4g	8%
Includes 3g Added Sugars	6%
Protein 5g	10%
Vitamin D 0mg	0%
Calcium 10mg	2%
Iron 1mg	2%
Potassium 100mg	2%

INGREDIENTS: Roasted Chickpeas, Canola Oil, Sugar (contains corn starch), Lime Juice Powder (Maltodextrin, Lime Juice Concentrate), Palm Oil, Cayenne Pepper, Citric Acid, Salt, Natural Flavor, (Organic Sunflower Oil, a Flavors, Vitamin E (D-Alpha Tocopherol)).

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The Amazing Chickpea

New! Chickpea Granola Bars

1 GRAIN, 1/2 MMA, 1/8 C Legume, Peanut-free, Tree Nutfree,
Gluten-free, Shelf-Stable, Kosher

F9059 Apple-Cinnamon Chickpea Granola Snack Bar



INGREDIENTS: Apple Cinnamon Chickpea Spread (Roasted Chickpeas, Canola Oil, Sugar [Contains Cornstarch], Palm Oil, Cinnamon, Apple Powder, Natural Flavor [Organic Sunflower Oil, Natural Flavors, Vitamin E [D-Alpha Tocopherol]], Brown Rice Crisp (Whole Grain Brown Rice Flour), Whole Grain Oats, Brown Rice Syrup, Semi-Sweet Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Emulsifier), Vanilla), Salt.

Nutrition Facts Serving size: 1 Bar (39g), Amount per serving: **Calories 170**, Total Fat 6g (8% DV), Saturated Fat 1g (5% DV), Trans Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 125mg (5% DV), **Total Carbohydrate** 25g (9% DV), Dietary Fiber 2g (7% DV), Total Sugars 6g (Includes 2g Added Sugars, 4% DV), **Protein** 4g, Vitamin D 0mcg (0% DV), Calcium 13mg (2% DV), Iron 1mg (6% DV), Potassium 140mg (2% DV). The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

F9060 Chocolate+Chickpea Granola Snack Bar



INGREDIENTS: Chocolate Chickpea Spread (Roasted Chickpea, Canola Oil, Sugar [Contains Cornstarch], Pea Protein Isolate [Vegetable Pea Protein Isolated from Yellow Pea], Cocoa Powder, Palm Oil, Natural Flavor [Medium Chain Triglycerides, Natural Flavor], Brown Rice Crisp (Whole Grain Brown Rice Flour), Whole Grain Oats, Brown Rice Syrup, Semi-Sweet Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin [Emulsifier], Vanilla), Salt.

Nutrition Facts Serving size: 1 Bar (39g), Amount per serving: **Calories 170**, Total Fat 7g (9% DV), Saturated Fat 1g (5% DV), Trans Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 95mg (4% DV), **Total Carbohydrate** 25g (9% DV), Dietary Fiber 2g (7% DV), Total Sugars 8g (Includes 5g Added Sugars, 10% DV), **Protein** 4g, Vitamin D 0mcg (0% DV), Calcium 12mg (0% DV), Iron 1mg (6% DV), Potassium 117mg (2% DV). The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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