



Ceci Vasi 450 g

Bottega Barbieri

Type	Pickled in oil
Origin	Italy, Calabria
Producer	Bottega Barbieri Cosenza
Contents	450 gr
Article no	84046450

Comments

Barbieri black chickpeas are a variety of dark-colored legumes known for their soft, creamy texture. Produced by the Italian company Barbieri, they are particularly appreciated for their high protein, fiber, and mineral content. Thanks to their delicate flavor, they lend themselves to a wide range of preparations, including soups, minestrone, hummus, and falafel, typical of Mediterranean cuisine. Before cooking, which requires time, they must be soaked in water for at least 12 hours. Black chickpeas are considered a healthy food and rich in nutrients.