**4 Science-Backed Benefits of Chickpeas**

Chickpeas, also referred to as garbanzo beans, have been a staple crop in Middle Eastern countries for millennia, with a history of cultivation and consumption spanning thousands of years. Their distinctive nutty flavor and coarse, grainy texture make them a versatile ingredient that complements a wide range of foods and ingredients. As a nutrient-dense food, chickpeas are an excellent source of essential vitamins, minerals, and fiber, which may provide numerous health benefits, including supporting weight management, promoting digestive health, and potentially reducing the risk of various diseases. Furthermore, chickpeas are an excellent source of plant-based protein, making them an ideal substitute for meat in a variety of vegetarian and vegan dishes.

Here are 4 evidence-based health benefits of chickpeas:

**Nutritional Powerhouse**

Chickpeas possess a remarkable nutritional profile, boasting a moderate calorie count of 269 per cup (164 grams). The calorie composition is predominantly carbohydrates (67%), with the remaining calories derived from protein and fat. Additionally, chickpeas are an excellent source of various vitamins, minerals, fiber, and protein, making them a nutrient-dense food.

**Satiety and Appetite Control**

The combination of protein and fiber in chickpeas can help regulate appetite and promote feelings of fullness. The slow digestion rate of protein and fiber contributes to increased satiety, while protein may also stimulate appetite-reducing hormones in the body. This can lead to a natural reduction in calorie intake.

**High-Quality Plant Protein**

Chickpeas are an exceptional source of plant-based protein, making them an ideal food for vegetarians and vegans. A 1-cup (164-gram) serving provides approximately 14.5 grams of protein, comparable to other legumes like black beans and lentils. The protein in chickpeas not only supports satiety but also plays a crucial role in weight management, bone health, and muscle strength. Research suggests that the protein quality in chickpeas may surpass that of other legumes.

**May support blood sugar regulation**

Chickpeas may help manage your blood sugar levels in several ways. First, they have a fairly low glycemic index (GI), which is a marker of how rapidly your blood sugar rises after eating a food. Diets that include many low GI foods have been shown to [promote blood sugar management](https://www.healthline.com/nutrition/foods-to-lower-blood-sugar) . Additionally, chickpeas’ fiber and protein may help regulate blood sugar levels.

That’s because fiber slows carb absorption to promote a steady rise in blood sugar levels [rather than a spike](https://www.healthline.com/nutrition/blood-sugar-spikes). Eating protein-rich foods may also help maintain healthy blood sugar levels. In one small study, eating 1.25 cups (200 grams) of chickpeas suppressed post-meal increases in blood sugar levels by up to 36%, compared with eating 2 slices of white bread.

**Finally**

Incorporating chickpeas into your diet can have a significant impact on your overall health and wellbeing. With their rich nutritional profile, high-quality protein, and potential health benefits, it's no wonder chickpeas have been a staple in Middle Eastern cuisine for thousands of years. Ready to start reaping the rewards of chickpeas? Browse our collection of premium chickpeas and find the perfect addition to your healthy lifestyle.