



# CHICKPEAS MARKET OUTLOOK 2023 - 2028

## HIGHLIGHTS

24.03.2023

The global chickpeas market size reached 19.6 Million Tons in 2022. Looking forward, there is the expectation that the market to reach 26.2 Million Tons by 2028, exhibiting a growth rate (CAGR) of 5% during 2023-2028.

Region-wise, India currently represents the largest producer of chickpeas, accounting for more than two-thirds of the global production. They are used in a variety of dishes as a whole, as dal (chana dal), or as flour (besan).

In this report we try to establish the reasons what is driving the chickpea market forward in the coming years.





# What is a Chickpea?

Chickpea is a legume which belongs to the Fabaceae family and is also known as gram/Bengal gram, garbanzo/garbanzo bean, ceci, cece or chana/Kabuli chana.

The most commonly sold varieties of Chickpea are the Kabuli (larger, creamy colour) and the Desi (Smaller, darker colour).

Chickpeas are rich in carbohydrates and protein and are also a good source of vitamins such as riboflavin, niacin, thiamin, folate and vitamin A.

Chickpeas have significant amounts of all the essential amino acids except sulphur-containing types, which can be complemented by adding cereals to the daily diet. Which is why they are such a popular dietary alternative for those who are health conscious and trying to reduce meat consumption.







# Market Trends

The global market is primarily driven by increasing health-consciousness among consumers. The numerous health benefits offered by these legumes have led individuals to incorporate chickpeas in their daily diets. The increasing utilization of chickpeas in various processed food products to enhance the taste of preparations is acting as another major growth-inducing factor.

In addition to this, rapid urbanization and globalization have contributed to the widespread popularity of diversified ethnic cuisines from across the globe. Since chickpeas are considered to be a staple in Mediterranean and Indian cuisines, this, in turn, is creating a positive outlook for the market.





# Market Trends

Chickpeas are also being used for the preparation of textured protein, which is extensively used as a popular form of vegetarian meat substitute. In line with this, the rising trend of veganism and vegetarianism among the masses is contributing to the market growth.

The market is further driven by the growing preference for gluten- and grain-free flour, which has driven the demand for chickpea flour. Some of the other factors contributing to the market growth include the rising preference for protein-rich diet and increasing utilization of chickpeas as a low-cost feed additive.

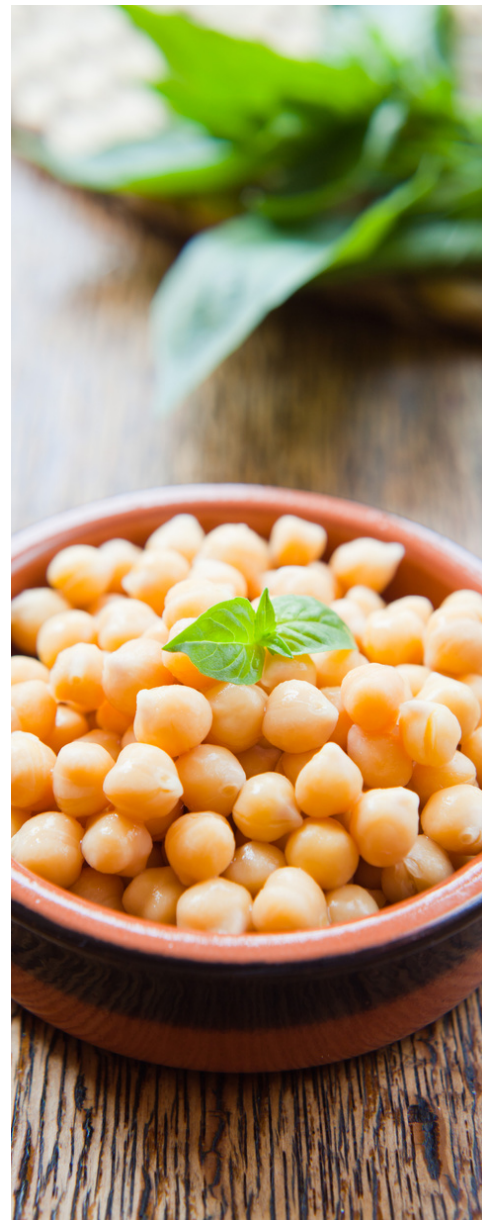






## Increasing Utilisation aids Growth

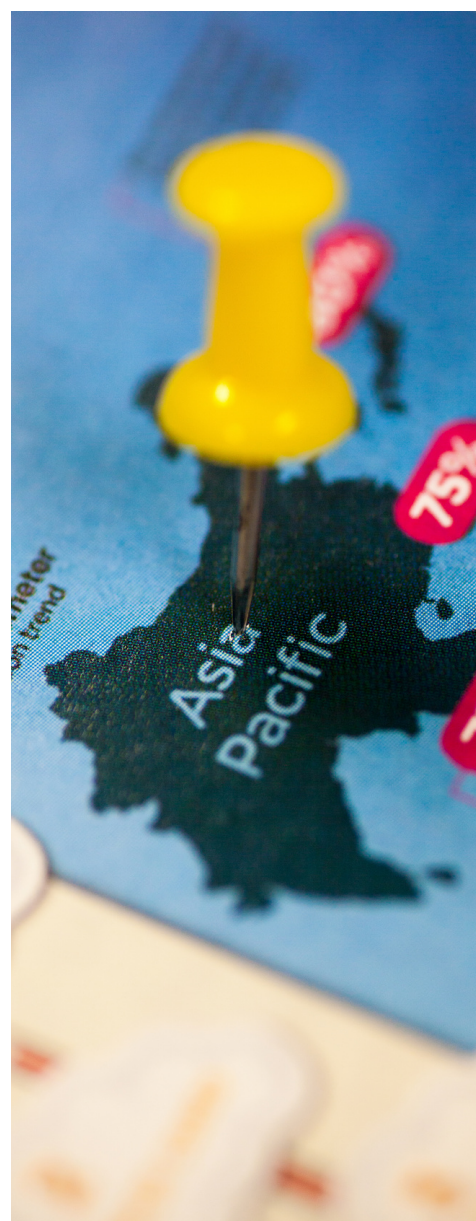
The market is being driven by the increased demand for chickpeas in the food preparation activities in the Middle Eastern, Mediterranean, and North Indian cuisines, among others. Chickpeas offer diverse application potential as they can be used in making dips, curries, and various snacks. In addition, the growing demand for chickpea products such as chickpea flour is also expected to bolster their demand in the forecast years. This trend is further expected to be supported by the growing consumer demand for gluten-free alternatives to wheat flour.





## Leading Regional Market: Asia Pacific

The market in the Asia Pacific is currently being driven by a high demand especially from the developing countries where chickpeas are valued for their nutritional benefits and are being used as a supplement of protein and energy. India is the largest producer of chickpeas, accounting for almost 70% of the total production in 2018. India is followed by Australia, Pakistan, and Myanmar. There are two distinct types of cultivated chickpeas, Desi and Kabuli. The presence of a large vegan and vegetarian population contributes to the demand for chickpeas in the region. Additionally, the changing consumer lifestyles, fuelled by the rising demand for organic and health enhancing foods are also expected to prove beneficial for the market.







## Market Segmentation

The regional markets for chickpeas include North America, Europe, the Asia Pacific, Latin America, and the Middle East and Africa.

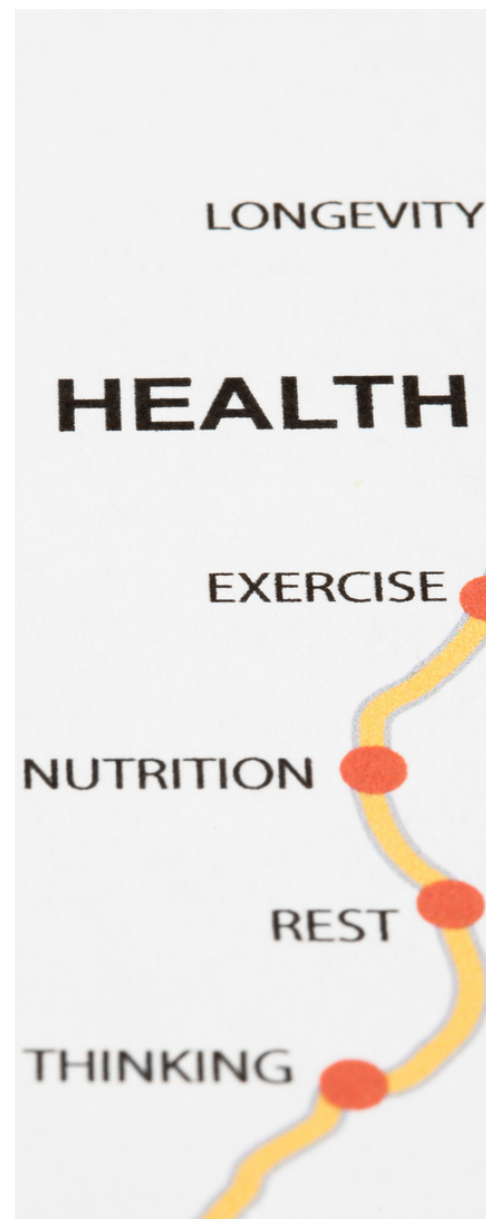
The global chickpeas market attained a volume of nearly 13.72 million tons in 2022, driven by rising awareness of health benefits of the product. Aided by the emerging trend of vegetarian meat substitutes, the industry is expected to witness a further growth in the forecast period of 2023-2028 at a CAGR of 1.3% to attain a volume of 14.83 million tons by 2028.





## Consumer Health Awareness bolsters market growth

The market is being driven by the growing consumer awareness pertaining to the various health benefits associated with chickpeas consumption. Chickpeas help stabilise blood sugar levels and help improve digestion. Chickpeas are also useful in weight management and maintaining muscle strength, which is driving their demand among the fitness enthusiasts.







## Consumer Health Awareness bolsters market growth

Further, chickpeas consumption is also associated with a reduced risk of acquiring several chronic diseases such as diabetes and cardiovascular ailments. In the forecast period, the growing availability of chickpeas and chickpeas-based snacks across supermarkets and hypermarkets and online stores is anticipated to support the market growth.

Furthermore, the rising demand for organic and plant-based protein diets, fuelled by the improving living standards and rising disposable incomes of consumers, is expected to significantly contribute to the market growth in the coming years.



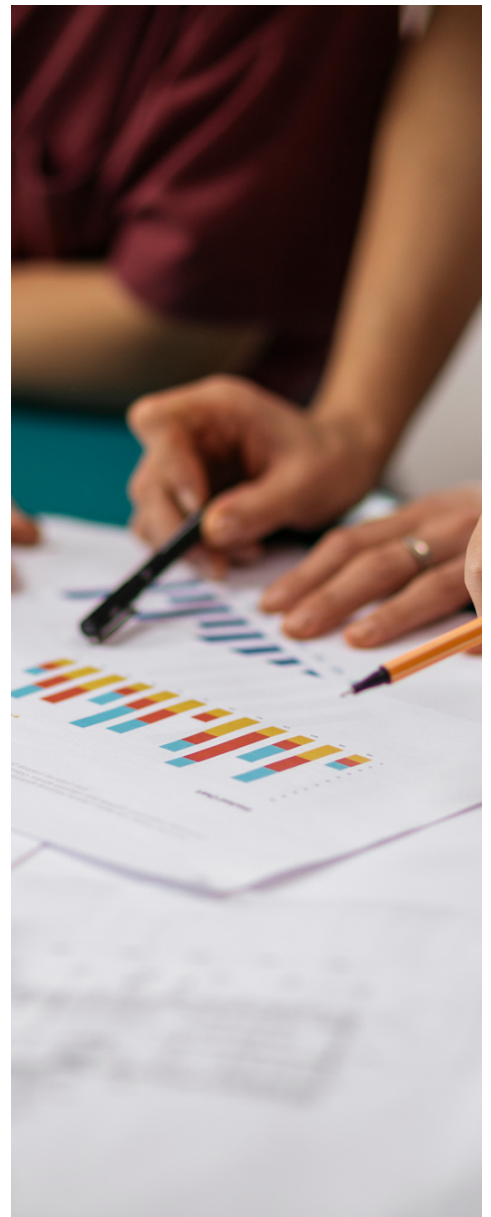


## Forecast outlook of the market for 2023 - 2028

The market is estimated to witness a growth in the forecast period of 2023-2028 to reach about 14.83 million tons by 2028.

The growth of the market is driven by factors like rising awareness of health benefits of the product, including maintenance of sugar level in the human body, increasing disposable incomes, growing population growth, and shifting dietary patterns.

The key trend guiding the growth of the chickpeas market includes the emerging trend of vegetarian meat substitutes, which employs the use of chickpeas to produce textured protein.







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