



## Chickpea Tacos

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



45 min.

SERVINGS



8

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 15 ounces chickpeas drained and rinsed
- 2 tsp juice of lemon
- 8 taco shells whole
- 1 tbsp tamari sauce

## Equipment

- oven
- whisk

## Directions

- Preheat oven to 400F.
- Whisk tamari, juice & spices together.
- Add rinsed chickpeas and toss until well and evenly coated.
- Place chickpeas on tray, spray with oil and bake 20-25 minutes, until crunchy. Assemble tacos with chickpeas, arugula or lettuce, tomatoes and eat. If you don't already have a taco seasoning blend on hand, try this recipe omitting red pepper flakes.

- Amount Per Serving
- Calories
- Fat
- 70g
- Carbohydrate
- 60g Dietary Fiber 0.60g Sugars 2.70g Protein 2.10g

## Nutrition Facts



## Properties

Glycemic Index:13.59, Glycemic Load:7.36, Inflammation Score:-3, Nutrition Score:7.0382608473301%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 145.92kcal (7.3%), Fat: 4g (6.15%), Saturated Fat: 1g (6.22%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 17.54g (6.38%), Sugar: 2.8g (3.1%), Cholesterol: 0mg (0%), Sodium: 168.3mg (7.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.44%), Manganese: 0.63mg (31.36%), Folate: 100.36µg (25.09%), Fiber: 4.87g (19.46%), Phosphorus: 120.29mg (12.03%), Copper: 0.2mg (10.2%), Iron: 1.79mg (9.93%), Magnesium: 36.45mg (9.11%), Zinc: 1.02mg (6.78%), Vitamin B1: 0.09mg (5.95%), Potassium: 188.46mg (5.38%), Vitamin B6: 0.1mg (5.17%), Calcium: 38.57mg (3.86%), Selenium: 2.56µg (3.66%), Vitamin K: 3.16µg (3.01%), Vitamin B3: 0.59mg (2.97%), Vitamin B2: 0.05mg (2.75%), Vitamin E: 0.27mg (1.8%), Vitamin B5: 0.16mg (1.62%), Vitamin C: 1.17mg

(1.42%)