

Chili and Lime Roasted Chickpeas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz garbanzo beans rinsed drained canned (garbanzo beans)
- 1 tablespoon olive oil
- 0.5 teaspoon salt
- 0.3 teaspoon chili powder
- 0.3 teaspoon ground cumin
- 1 lime zest grated

Equipment

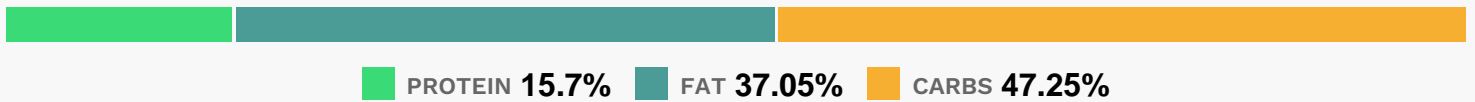
- bowl

- baking sheet
- paper towels
- oven
- aluminum foil

Directions

- Heat oven to 400°F. Line cookie sheet with foil. Pat chickpeas dry with paper towel; place on cookie sheet.
- Drizzle with oil.
- Roast 35 to 40 minutes or until crispy.
- Pour chickpeas into medium bowl.
- Sprinkle with salt, chili powder, cumin and lime peel; toss to coat.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:4.31, Inflammation Score:-3, Nutrition Score:7.4273913502693%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 130.34kcal (6.52%), Fat: 5.65g (8.7%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 16.22g (5.41%), Net Carbohydrates: 11.01g (4.01%), Sugar: 0.29g (0.33%), Cholesterol: 0mg (0%), Sodium: 588.89mg (25.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.77%), Manganese: 0.88mg (43.9%), Vitamin B6: 0.51mg (25.66%), Fiber: 5.2g (20.81%), Phosphorus: 89.06mg (8.91%), Copper: 0.18mg (8.81%), Iron: 1.53mg (8.53%), Magnesium: 30.36mg (7.59%), Folate: 27.97µg (6.99%), Vitamin C: 4.99mg (6.05%), Zinc: 0.76mg (5.09%), Potassium: 174.94mg (5%), Calcium: 44.53mg (4.45%), Vitamin E: 0.59mg (3.95%), Vitamin B5: 0.36mg (3.55%), Selenium: 2.23µg (3.18%), Vitamin B1: 0.04mg (2.68%), Vitamin K: 2.35µg (2.23%), Vitamin A: 62.97IU (1.26%), Vitamin B2: 0.02mg (1.23%)