



Cinnamon & Sugar Roasted Chickpeas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce garbanzo beans canned
- 2 tsp olive oil
- 1.5 Tbs maple syrup
- 1 tsp cinnamon
- 1.5 Tbs granulated sugar (or any other sugar), add more if necessary pure

Equipment

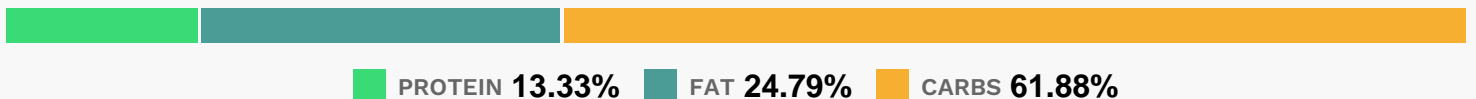
- bowl
- baking sheet

- paper towels
- baking paper
- oven

Directions

- Preheat oven to 425 F. Line a baking sheet with parchment paper or a silicone mat.
- Drain and rinse the chickpeas.
- Place the chickpeas between two sheets of paper towels and rub them gently to absorb the excess water. Pick out any loosened skin from the chickpeas. Dont worry if you cant get all of them out.
- Pour the dried chickpeas into a small bowl and mix in the olive oil, maple syrup, and cinnamon until well incorporated.
- Place the chickpeas on the baking sheet and bake for 15 minutes.
- After 15 minutes, give the chickpeas a quick stir. Continue baking the chickpeas at 3-4 minute increments. When they are browned and look quite dried, take them out of the oven. The longer you leave them in the oven, the crunchier they will be, but be careful not to burn the chickpeas!
- Let them cool for a few minutes and sprinkle the sugar on the roasted chickpeas. Enjoy!

Nutrition Facts



Properties

Glycemic Index:37.98, Glycemic Load:8.89, Inflammation Score:-2, Nutrition Score:7.734347826087%

Taste

Sweetness: 100%, Saltiness: 3.29%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 48.29%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 152.62kcal (7.63%), Fat: 4.35g (6.69%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 24.4g (8.13%), Net Carbohydrates: 19.38g (7.05%), Sugar: 9g (10%), Cholesterol: 0mg (0%), Sodium: 296.37mg (12.89%), Protein: 5.26g (10.51%), Manganese: 1.16mg (57.79%), Vitamin B6: 0.5mg (25.19%), Fiber: 5.02g (20.09%), Phosphorus: 85.46mg (8.55%), Copper: 0.17mg (8.26%), Iron: 1.38mg (7.69%), Magnesium: 30.67mg (7.67%), Folate: 26.62µg

(6.65%), Vitamin B2: 0.11mg (6.61%), Zinc: 0.8mg (5.32%), Calcium: 51.96mg (5.2%), Potassium: 172.88mg (4.94%), Vitamin B5: 0.32mg (3.2%), Selenium: 2.17µg (3.1%), Vitamin B1: 0.04mg (2.61%), Vitamin E: 0.34mg (2.26%), Vitamin K: 1.56µg (1.48%)