



Crispy Cinnamon Garbanzo Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



3

CALORIES



356 kcal

SIDE DISH

Ingredients

- ☐ 1 cup garbanzo beans dried
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons sugar raw (or regular granulated)
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons vegetable oil

Equipment

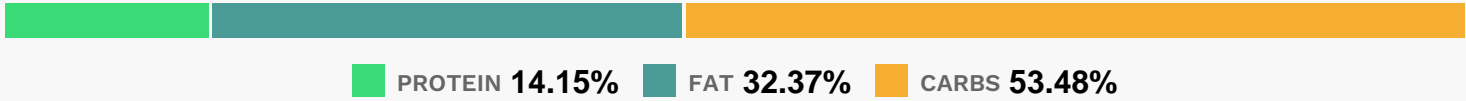
- ☐ bowl
- ☐ baking sheet

- ☐ paper towels
- ☐ oven

Directions

- ☐ Soak the beans overnight in cool water.
- ☐ Drain and pat them dry with paper towels.
- ☐ Preheat oven to 350°F.
- ☐ In a bowl, toss the beans with the vegetable oil and sugar.
- ☐ Spread them in a single layer on an ungreased baking sheet. Roast them in the oven until crunchy and no longer soft in the centers, about 45 minutes. (Stir them a few times to prevent burning.)
- ☐ Immediately toss the beans in a bowl with the cinnamon and salt. Cool and serve, or store in an airtight container at room temperature for up to a week.
- ☐ For a savory snack, try tossing the beans with salt, paprika, and freshly ground pepper instead.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:5.92, Inflammation Score:-7, Nutrition Score:19.876956719419%

Nutrients (% of daily need)

Calories: 355.56kcal (17.78%), Fat: 13.1g (20.15%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 48.69g (16.23%), Net Carbohydrates: 36.91g (13.42%), Sugar: 15.08g (16.75%), Cholesterol: 0mg (0%), Sodium: 791.43mg (34.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.88g (25.76%), Folate: 371.35µg (92.84%), Manganese: 1.53mg (76.66%), Fiber: 11.78g (47.11%), Copper: 0.57mg (28.36%), Phosphorus: 244.29mg (24.43%), Iron: 4.23mg (23.48%), Vitamin K: 22.78µg (21.69%), Vitamin B1: 0.32mg (21.2%), Magnesium: 77.05mg (19.26%), Vitamin B6: 0.36mg (17.86%), Potassium: 587.25mg (16.78%), Zinc: 2.3mg (15.31%), Vitamin B5: 1.06mg (10.6%), Vitamin E: 1.3mg (8.64%), Vitamin B2: 0.14mg (8.32%), Selenium: 5.48µg (7.83%), Calcium: 74.78mg (7.48%), Vitamin B3: 1.03mg (5.16%), Vitamin C: 2.68mg (3.25%)