



Crispy Spiced Chickpeas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



145 kcal

SIDE DISH

Ingredients

- ☐ 38 ounce chickpeas rinsed drained well canned
- ☐ 5 medium árbol chiles dried
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 teaspoon lime zest finely grated
- ☐ 0.5 teaspoon sugar
- ☐ 8 servings vegetable oil for frying

Equipment

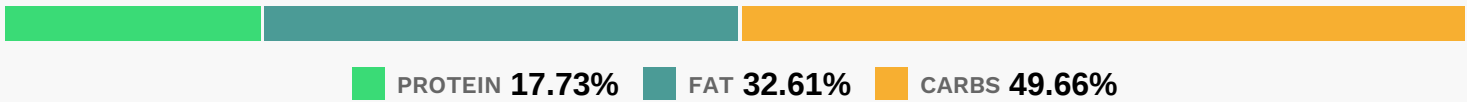
- ☐ baking sheet

- ☐ paper towels
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Place the chiles in a spice grinder and grind until fine.
- ☐ Add the salt, lime zest and sugar. Pulse a few more times until well combined and set aside.
- ☐ Spread the chickpeas in a single layer on paper towels and pat dry.
- ☐ Heat 3/4 inch of oil in a heavy-bottomed shallow pot or small Dutch oven to 375 degrees F. Carefully add the chickpeas in small batches, about a cup per batch, to the oil. (The oil will bubble up for a few seconds.) Fry, stirring occasionally, until browned and crisp, 8 to 10 minutes per batch.
- ☐ Transfer to a paper towel-lined tray and immediately sprinkle with some of the chile salt. Cool slightly and serve.
- ☐ Chef's Note: The chickpeas can be fried 2 to 3 days ahead of time. Cool without the chile salt and store in a sealed plastic container. Before serving, spread in a single layer on a baking sheet and toast in a 400-degree F oven until sizzling and crispy. Season with the chile salt, cool and serve.

Nutrition Facts



Properties

Glycemic Index:17.8, Glycemic Load:5.12, Inflammation Score:-3, Nutrition Score:8.6391303280126%

Flavonoids

Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 145.3kcal (7.27%), Fat: 5.45g (8.38%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 18.66g (6.22%), Net Carbohydrates: 12.64g (4.6%), Sugar: 0.38g (0.42%), Cholesterol: 0mg (0%), Sodium: 810.67mg (35.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.32%), Manganese: 1.11mg (55.26%), Vitamin B6: 0.64mg (31.98%), Fiber: 6.02g (24.09%), Phosphorus: 108.27mg (10.83%), Copper: 0.21mg (10.36%), Iron: 1.68mg (9.34%),

Magnesium: 36.66mg (9.16%), Folate: 33.84µg (8.46%), Zinc: 0.93mg (6.23%), Potassium: 200.1mg (5.72%), Vitamin K: 5.49µg (5.23%), Calcium: 47.63mg (4.76%), Vitamin B5: 0.41mg (4.06%), Selenium: 2.71µg (3.87%), Vitamin B1: 0.04mg (2.89%), Vitamin A: 103.1IU (2.06%), Vitamin E: 0.24mg (1.6%), Vitamin B2: 0.02mg (1.42%), Vitamin B3: 0.2mg (1.01%)