

# Crunchy Chickpeas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



115 min.

SERVINGS



8

CALORIES



129 kcal

SIDE DISH

## Ingredients

- 31 ounce chickpeas organic rinsed drained canned (garbanzo beans)
- 2 tablespoons canola oil
- 1 garlic clove minced
- 1 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 0.8 teaspoon kosher salt
- 0.1 teaspoon onion powder

## Equipment

baking sheet

oven

## Directions

Preheat oven to 30

Wrap chickpeas in a towel; lightly roll to loosen skins. Discard skins.

Combine chickpeas and remaining ingredients. Arrange on a baking sheet.

Bake at 300 for 1 hour and 40 minutes, stirring every 20 minutes.

## Nutrition Facts



**PROTEIN 16.4%** **FAT 38.42%** **CARBS 45.18%**

## Properties

Glycemic Index:13.42, Glycemic Load:4.07, Inflammation Score:-2, Nutrition Score:7.1939130658689%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 129.41kcal (6.47%), Fat: 5.71g (8.79%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 10.22g (3.72%), Sugar: 0.02g (0.02%), Cholesterol: 0mg (0%), Sodium: 523.93mg (22.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.97%), Manganese: 0.92mg (45.77%), Vitamin B6: 0.53mg (26.36%), Fiber: 4.89g (19.56%), Phosphorus: 89.99mg (9%), Copper: 0.17mg (8.6%), Iron: 1.53mg (8.51%), Magnesium: 30.81mg (7.7%), Folate: 27.59µg (6.9%), Zinc: 0.78mg (5.18%), Potassium: 165.78mg (4.74%), Vitamin E: 0.64mg (4.27%), Calcium: 41.8mg (4.18%), Vitamin B5: 0.33mg (3.31%), Selenium: 2.27µg (3.25%), Vitamin B1: 0.04mg (2.52%), Vitamin K: 2.57µg (2.44%), Vitamin B2: 0.02mg (1.08%)