



HEALTH SCORE

52%

## Cumin-Spiced Chickpeas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



940 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 30 ounce garbanzo beans canned
- ☐ 3 tablespoons ground cumin
- ☐ 2 tablespoons kosher salt
- ☐ 1 serving vegetable oil

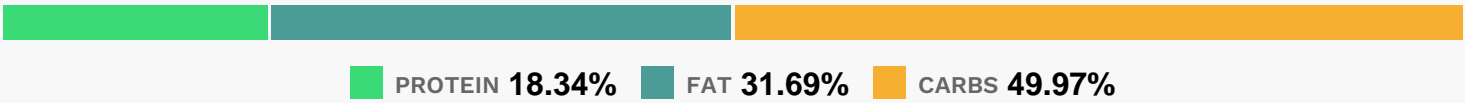
### Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

# Directions

- ☐ Rinse and thoroughly drain garbanzo beans; dry with paper towels.
- ☐ Combine cumin with kosher salt; set aside.
- ☐ Heat about 1 inch vegetable oil in a medium saut pan. When hot, carefully add a few garbanzo beans to oil; cook until crisp and dark golden brown.
- ☐ Remove beans with a slotted spoon, and place on plate lined with paper towels; sprinkle with cumin-and-salt mixture. Repeat with the remaining beans; serve warm.

## Nutrition Facts



## Properties

Glycemic Index:45.33, Glycemic Load:31.49, Inflammation Score:-9, Nutrition Score:41.700869684634%

## Nutrients (% of daily need)

Calories: 939.69kcal (46.98%), Fat: 34.59g (53.22%), Saturated Fat: 4.15g (25.92%), Carbohydrates: 122.69g (40.9%), Net Carbohydrates: 83.38g (30.32%), Sugar: 0.41g (0.45%), Cholesterol: 0mg (0%), Sodium: 16347.47mg (710.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.05g (90.1%), Manganese: 7.59mg (379.65%), Vitamin B6: 4.1mg (205.05%), Fiber: 39.31g (157.25%), Iron: 22.53mg (125.15%), Phosphorus: 770.21mg (77.02%), Magnesium: 295.87mg (73.97%), Copper: 1.47mg (73.41%), Folate: 214.42µg (53.61%), Calcium: 473.89mg (47.39%), Zinc: 6.77mg (45.12%), Potassium: 1549.42mg (44.27%), Selenium: 17.98µg (25.69%), Vitamin B1: 0.39mg (25.68%), Vitamin K: 26.72µg (25.45%), Vitamin B5: 2.54mg (25.43%), Vitamin E: 1.74mg (11.63%), Vitamin B2: 0.19mg (10.97%), Vitamin B3: 1.93mg (9.65%), Vitamin A: 356.17IU (7.12%), Vitamin C: 2.24mg (2.71%)