



Fried Chickpeas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



189 kcal

SIDE DISH

Ingredients

- 1 teaspoon ground pepper
- 30 ounce garbanzo beans dry rinsed drained canned
- 8 servings kosher salt
- 2 teaspoons lime zest finely grated
- 6 tablespoons olive oil extra virgin extra-virgin
- 2 teaspoons paprika smoked

Equipment

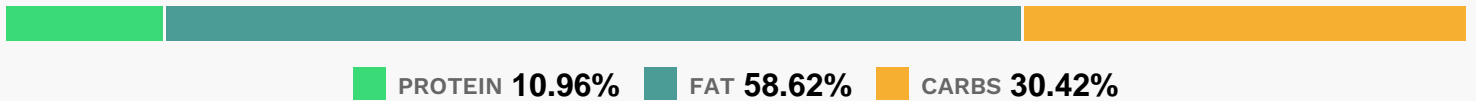
- bowl

- frying pan
- paper towels
- slotted spoon

Directions

- Combine paprika and cayenne in a small bowl and set aside.
- Heat oil in a 12" skillet over medium-high heat. Working in 2 batches, add chickpeas to skillet and sauté, stirring frequently, until golden and crispy, 15–20 minutes. Using a slotted spoon, transfer chickpeas to paper towels to drain briefly.
- Place in a medium bowl.
- Sprinkle paprika mixture over; toss to coat. Season to taste with salt. Toss with lime zest and serve.

Nutrition Facts



Properties

Glycemic Index: 14.92, Glycemic Load: 3.95, Inflammation Score: -4, Nutrition Score: 7.863043476706%

Flavonoids

Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 188.73kcal (9.44%), Fat: 12.68g (19.51%), Saturated Fat: 1.68g (10.53%), Carbohydrates: 14.81g (4.94%), Net Carbohydrates: 9.87g (3.59%), Sugar: 0.09g (0.1%), Cholesterol: 0mg (0%), Sodium: 489.97mg (21.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.67%), Manganese: 0.88mg (44.16%), Vitamin B6: 0.52mg (25.99%), Fiber: 4.93g (19.74%), Vitamin E: 1.73mg (11.55%), Phosphorus: 87.44mg (8.74%), Copper: 0.17mg (8.38%), Iron: 1.5mg (8.31%), Magnesium: 30.01mg (7.5%), Vitamin A: 366.49IU (7.33%), Folate: 27.13µg (6.78%), Vitamin K: 6.93µg (6.6%), Zinc: 0.76mg (5.08%), Potassium: 170.18mg (4.86%), Calcium: 39.11mg (3.91%), Vitamin B5: 0.33mg (3.32%), Selenium: 2.18µg (3.12%), Vitamin B1: 0.04mg (2.44%), Vitamin B2: 0.02mg (1.44%), Vitamin B3: 0.21mg (1.06%)