



Herb-Roasted Chickpeas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



56 min.

SERVINGS



8

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 38 ounce chickpeas rinsed drained canned garbanzo beans
- ☐ 1 teaspoon garlic powder
- ☐ 2 teaspoons olive oil
- ☐ 2 teaspoons oregano dried
- ☐ 0.3 teaspoon salt

Equipment

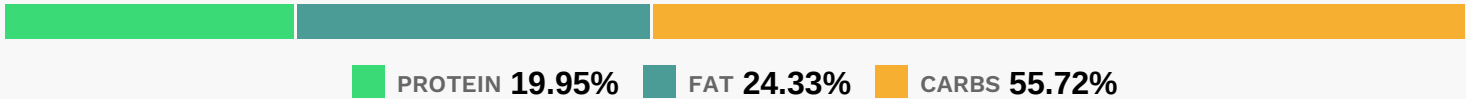
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Pat chickpeas dry with paper towels.
- ☐ Combine chickpeas, olive oil, and remaining ingredients in a medium bowl; toss well.
- ☐ Arrange chickpeas in a single layer on a jelly-roll pan.
- ☐ Bake at 400 for 50 minutes, stirring twice. Cool completely. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:10.29, Glycemic Load:4.96, Inflammation Score:-6, Nutrition Score:8.7717391097027%

Nutrients (% of daily need)

Calories: 130.06kcal (6.5%), Fat: 3.65g (5.62%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 18.82g (6.27%), Net Carbohydrates: 12.64g (4.59%), Sugar: 0.03g (0.03%), Cholesterol: 0mg (0%), Sodium: 447.41mg (19.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.48%), Manganese: 1.14mg (56.92%), Vitamin B6: 0.65mg (32.43%), Fiber: 6.19g (24.75%), Phosphorus: 110.12mg (11.01%), Copper: 0.21mg (10.6%), Iron: 1.87mg (10.41%), Magnesium: 38.11mg (9.53%), Folate: 35.04µg (8.76%), Zinc: 0.95mg (6.36%), Potassium: 205.54mg (5.87%), Calcium: 55.74mg (5.57%), Vitamin B5: 0.41mg (4.11%), Selenium: 2.81µg (4.01%), Vitamin K: 3.81µg (3.63%), Vitamin B1: 0.05mg (3.05%), Vitamin E: 0.24mg (1.59%), Vitamin B2: 0.02mg (1.38%), Vitamin B3: 0.2mg (1.01%)