



## Honey Roasted "Nuts" (Chickpeas)

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



60 min.

SERVINGS



8

CALORIES



122 kcal

SIDE DISH

### Ingredients

- 1 tbsp agave nectar
- 15 ounces chickpeas drained and rinsed
- 0.3 tsp cinnamon
- 2 tbsp maple syrup pure
- 2 tbsp sugar raw
- 0.5 tsp vanilla extract

### Equipment

- food processor

- baking sheet
- oven
- whisk
- mixing bowl
- baking pan
- kitchen towels
- toaster

## Directions

- Place chickpeas on a clean kitchen towel and allow to air dry, about 15 minutes. Meanwhile, preheat toaster oven to 350 F (or conventional oven to 325 F). Grease your cookie sheet or toaster oven tray, or line with parchment paper (preferred method).
- Transfer dry chickpeas on the sheet, making sure to line them up in single layer with no overlap. Lightly spray with cooking spray and bake 30 to 35 minutes, until crunchy. Meanwhile, whisk all remaining ingredients together, except for raw sugar, in a medium mixing bowl and set aside.
- Transfer raw sugar to a small food processor or grinder and process until smooth, fine and powdery -- a cross between the consistency of white refined sugar and confectioners (powdered) sugar. Dump the roasted chickpeas into the syrup mixture and stir to coat. Once evenly coated, sprinkle sugar over chickpeas, stirring gently, until all chickpeas have a nice sugar coating. Return to baking tray and bake for another 5 to 15 minutes, until there is a crystallized glaze and the chickpeas are completely crunchy, being careful not to burn. Nutritional Information

- Amount Per Serving
- Calories
- Fat
- 80g
- Carbohydrate
- gDietary Fiber2.50gSugars9.60gProtein2.70g

## Nutrition Facts



■ PROTEIN 15.27% ■ FAT 10.12% ■ CARBS 74.61%

## Properties

Glycemic Index:10.28, Glycemic Load:4.24, Inflammation Score:-3, Nutrition Score:6.3882607804692%

## Nutrients (% of daily need)

Calories: 121.74kcal (6.09%), Fat: 1.39g (2.14%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 23.04g (7.68%), Net Carbohydrates: 18.95g (6.89%), Sugar: 10.34g (11.49%), Cholesterol: 0mg (0%), Sodium: 4.4mg (0.19%), Alcohol: 0.09g (100%), Alcohol %: 0.18% (100%), Protein: 4.72g (9.43%), Manganese: 0.68mg (33.94%), Folate: 92.22µg (23.05%), Fiber: 4.09g (16.35%), Copper: 0.19mg (9.4%), Phosphorus: 89.43mg (8.94%), Iron: 1.56mg (8.68%), Magnesium: 26.73mg (6.68%), Vitamin B2: 0.1mg (5.98%), Zinc: 0.85mg (5.67%), Potassium: 167.65mg (4.79%), Vitamin B1: 0.07mg (4.55%), Vitamin B6: 0.08mg (4.01%), Calcium: 32.73mg (3.27%), Selenium: 2.01µg (2.88%), Vitamin K: 2.74µg (2.61%), Vitamin B5: 0.15mg (1.52%), Vitamin B3: 0.3mg (1.52%), Vitamin E: 0.21mg (1.42%), Vitamin C: 1.14mg (1.38%)