



 **29%**
HEALTH SCORE

Jumpin' Chickpeas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



7 min.

SERVINGS



3

CALORIES



159 kcal

SIDE DISH

Ingredients

- 3 servings pepper black to taste
- 16 ounce garbanzo beans rinsed drained canned (chickpeas)
- 1 teaspoon creole seasoning
- 2 teaspoons lemon pepper
- 0.5 tablespoon olive oil

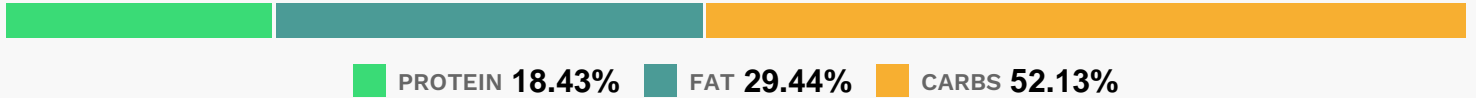
Equipment

- frying pan

Directions

- Heat oil in a large skillet over medium-high heat.
- Pour beans into hot skillet. Stir in lemon-pepper, Creole seasoning, and a few grinds of black pepper. Cover, and cook, stirring often, until beans are golden brown and begin to 'jump' around the pan, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:45.44, Glycemic Load:5.78, Inflammation Score:-4, Nutrition Score:10.676956521739%

Nutrients (% of daily need)

Calories: 159.4kcal (7.97%), Fat: 5.44g (8.37%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 14.49g (5.27%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 420.86mg (18.3%), Protein: 7.67g (15.34%), Manganese: 1.43mg (71.65%), Vitamin B6: 0.74mg (36.78%), Fiber: 7.2g (28.79%), Copper: 0.25mg (12.64%), Phosphorus: 125.18mg (12.52%), Iron: 2.06mg (11.47%), Magnesium: 44.29mg (11.07%), Folate: 38.75µg (9.69%), Zinc: 1.08mg (7.18%), Potassium: 250.22mg (7.15%), Vitamin A: 307.92IU (6.16%), Calcium: 60.28mg (6.03%), Vitamin B5: 0.47mg (4.72%), Selenium: 3.15µg (4.5%), Vitamin K: 4.29µg (4.08%), Vitamin E: 0.55mg (3.67%), Vitamin B1: 0.05mg (3.47%), Vitamin B2: 0.03mg (1.85%), Vitamin B3: 0.27mg (1.35%)