



## Roasted Chickpeas

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 ounce chickpeas drained canned (garbanzo beans)
- 2 tablespoons olive oil

### Equipment

- bowl
- baking sheet
- paper towels
- oven

## Directions

- Preheat oven to 450 degrees F (230 degrees C).
- Blot chickpeas with a paper towel to dry them. In a bowl, toss chickpeas with olive oil, and season to taste with salt, garlic salt, and cayenne pepper, if using.
- Spread on a baking sheet, and bake for 30 to 40 minutes, until browned and crunchy. Watch carefully the last few minutes to avoid burning.

## Nutrition Facts

**PROTEIN 11.91%** **FAT 55.44%** **CARBS 32.65%**

## Properties

Glycemic Index:10.08, Glycemic Load:3.12, Inflammation Score:-2, Nutrition Score:5.6443478403532%

## Flavonoids

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: 136.72kcal (6.84%), Fat: 8.66g (13.32%), Saturated Fat: 1.14g (7.12%), Carbohydrates: 11.47g (3.82%), Net Carbohydrates: 7.73g (2.81%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 236.57mg (10.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.37%), Manganese: 0.7mg (34.78%), Vitamin B6: 0.4mg (20.11%), Fiber: 3.74g (14.97%), Phosphorus: 68.04mg (6.8%), Vitamin E: 1.01mg (6.72%), Copper: 0.13mg (6.51%), Iron: 1.09mg (6.03%), Magnesium: 22.96mg (5.74%), Folate: 21.26µg (5.32%), Vitamin K: 4.21µg (4.01%), Zinc: 0.59mg (3.91%), Potassium: 122.54mg (3.5%), Calcium: 29.84mg (2.98%), Vitamin B5: 0.25mg (2.54%), Selenium: 1.7µg (2.43%), Vitamin B1: 0.03mg (1.81%)