



Spiced Baked Chick Peas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



128 kcal

SIDE DISH

Ingredients

- 15 oz garbanzo beans rinsed drained progresso® canned (garbanzo beans)
- 1 teaspoon ground cumin
- 1 Dash ground pepper red (cayenne)
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 4 servings salt to taste

Equipment

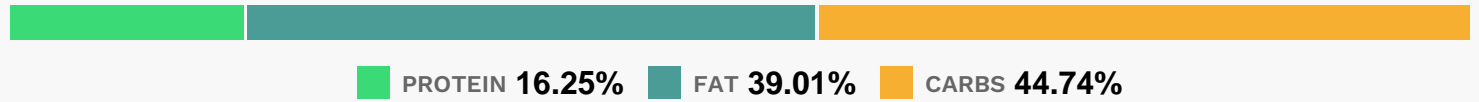
- bowl

- frying pan
- baking sheet
- oven

Directions

- Heat oven to 350°F. In medium bowl, toss all ingredients until chick peas are coated.
- Spread mixture in single layer on ungreased 15x10x1-inch pan or cookie sheet.
- Bake 25 to 35 minutes, stirring halfway through baking time, or until chick peas are dry and toasted.

Nutrition Facts



Properties

Glycemic Index:23.08, Glycemic Load:3.92, Inflammation Score:-4, Nutrition Score:7.4252172326264%

Nutrients (% of daily need)

Calories: 127.86kcal (6.39%), Fat: 5.75g (8.85%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 9.94g (3.61%), Sugar: 0.07g (0.07%), Cholesterol: 0mg (0%), Sodium: 490.59mg (21.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.79%), Manganese: 0.9mg (44.76%), Vitamin B6: 0.52mg (25.82%), Fiber: 4.91g (19.65%), Iron: 1.77mg (9.82%), Phosphorus: 89.19mg (8.92%), Copper: 0.17mg (8.54%), Magnesium: 31.47mg (7.87%), Folate: 26.9µg (6.72%), Vitamin A: 278.97IU (5.58%), Zinc: 0.78mg (5.2%), Potassium: 174.01mg (4.97%), Vitamin E: 0.67mg (4.49%), Calcium: 43.2mg (4.32%), Vitamin B5: 0.33mg (3.3%), Selenium: 2.19µg (3.12%), Vitamin B1: 0.04mg (2.59%), Vitamin K: 2.56µg (2.43%), Vitamin B2: 0.02mg (1.41%), Vitamin B3: 0.21mg (1.07%)