



Spiced Chickpeas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



51 kcal

SIDE DISH

Ingredients

- 2 ounce garbanzo beans canned
- 0.5 tablespoon granulated sugar
- 0.1 teaspoon ground pepper
- 0.3 teaspoons ground cumin
- 0.3 teaspoon ground ginger
- 0.3 teaspoon kosher salt
- 0.5 teaspoon soy sauce low sodium
- 1 tablespoon olive oil

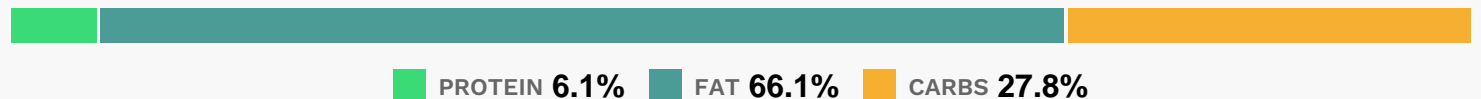
Equipment

- frying pan
- baking sheet
- paper towels
- oven

Directions

- Drain and rinse the chickpeas, then lay them on paper towels for about 10 minutes to remove moisture. Try to get them completely dry. One trick is to put them on the baking sheet and let them sit in the oven for about 5 minutes as it preheats. Preheat oven to 425 degrees or if your oven runs hot, 400 F. 425 F is fine, but you'll need to keep a very close eye on the peas.
- Spread the chickpeas on a rimmed baking sheet and roast, unseasoned for 15 minutes, keeping a close eye on them. Meanwhile, mix the oil and soy sauce together in a small cup.
- Mix the spices together in another.
- Remove the partially baked chickpeas and drizzle with the oil mixture.
- Sprinkle spices over the top and stir well. Return to the oven for another 15 minutes. Check peas again — they should not be burnt, but at this point they will probably not be completely crisp, especially if you used 400 F. Turn off the oven.
- Remove chickpeas, swirl them around in the pan and return to the now "off" oven.
- Let them sit in the warm oven with the door ajar for about 30 minutes, then remove from oven and let cool. If your peas aren't crisp using this method, try again and let them sit with the oven door closed. It might take a little experimenting to get your ovens and time to the right settings, but this is a good start.

Nutrition Facts



Properties

Glycemic Index:36.86, Glycemic Load:1.57, Inflammation Score:-1, Nutrition Score:1.3717391393755%

Nutrients (% of daily need)

Calories: 50.63kcal (2.53%), Fat: 3.83g (5.89%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 2.95g (1.07%), Sugar: 1.51g (1.68%), Cholesterol: 0mg (0%), Sodium: 207.6mg (9.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.59%), Manganese: 0.17mg (8.3%), Vitamin B6: 0.07mg (3.55%), Vitamin E: 0.53mg (3.53%), Fiber: 0.68g (2.7%), Vitamin K: 2.16µg (2.06%), Iron: 0.32mg (1.76%), Phosphorus: 13.39mg (1.34%), Magnesium: 5.08mg (1.27%), Copper: 0.02mg (1.21%)