



Spiced Chickpeas

 Vegetarian  Gluten Free

READY IN



100 min.

SERVINGS



4

CALORIES



76 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

- 1 tablespoon butter unsalted melted

Equipment

- frying pan
- baking sheet
- paper towels
- oven
- aluminum foil

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 400 degrees. Line a large, rimmed, baking sheet with foil and grease with a very thin coating of olive oil.
- Spread the chickpeas on the baking sheet and roast, unseasoned for 15 minutes. Meanwhile, mix the butter, oil and soy sauce together in a small cup.
- Mix the spices together in another.
- Remove the baked chickpeas and drizzle with the butter 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. 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


 **PROTEIN 4.24%**  **FAT 77.13%**  **CARBS 18.63%**

Properties

Glycemic Index:36.86, Glycemic Load:1.57, Inflammation Score:-1, Nutrition Score:1.5204347997256%

Nutrients (% of daily need)

Calories: 75.73kcal (3.79%), Fat: 6.67g (10.26%), Saturated Fat: 2.32g (14.48%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 2.95g (1.07%), Sugar: 1.52g (1.68%), Cholesterol: 7.53mg (2.51%), Sodium: 207.98mg (9.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.65%), Manganese: 0.17mg (8.31%), Vitamin E: 0.61mg (4.07%), Vitamin B6: 0.07mg (3.55%), Fiber: 0.68g (2.7%), Vitamin A: 117.22IU (2.34%), Vitamin K: 2.41µg (2.3%), Iron: 0.32mg (1.76%), Phosphorus: 14.23mg (1.42%), Magnesium: 5.15mg (1.29%), Copper: 0.02mg (1.23%)