



Spiced Fried Chickpeas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



89 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 15 oz garbanzo beans canned (garbanzos)
- ☐ 0.1 teaspoon ground pepper
- ☐ 0.3 teaspoon chipotle sauce
- ☐ 0.3 teaspoon ground coriander
- ☐ 1 teaspoon sea salt fine
- ☐ 6 servings vegetable oil for frying

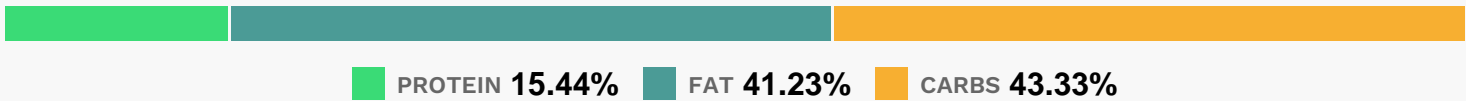
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ sieve
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ candy thermometer

Directions

- ☐ Drain and rinse chickpeas.
- ☐ Spread in a single layer on a clean kitchen towel or paper towels and pat dry.
- ☐ In a large pot over medium-high heat, bring 2 in. oil to 350 to 375 (use a candy thermometer, or drop a chickpea inwhen it sizzles, the oil is ready).
- ☐ Meanwhile, in a medium bowl, combine remaining ingredients. Set aside.
- ☐ With a large spoon or strainer, lower chickpeas carefully into oil. (They will spatter.) Cook until chickpeas are hot and crispy (test 1 for doneness), about 3 minutes. With a slotted spoon or strainer, transfer chickpeas to several layers of paper towels and drain 1 minute.
- ☐ Toss chickpeas with spice mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.39, Glycemic Load:2.64, Inflammation Score:-2, Nutrition Score:4.8465217649937%

Nutrients (% of daily need)

Calories: 89.01kcal (4.45%), Fat: 4.22g (6.5%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 6.68g (2.43%), Sugar: 0.09g (0.1%), Cholesterol: 0mg (0%), Sodium: 584.89mg (25.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.11%), Manganese: 0.63mg (31.28%), Vitamin B6: 0.34mg (16.86%), Fiber: 3.31g (13.23%), Phosphorus: 57.69mg (5.77%), Copper: 0.11mg (5.71%), Vitamin K: 5.73µg (5.46%), Iron: 0.92mg (5.14%), Magnesium: 20.05mg (5.01%), Folate: 17.82µg (4.45%), Zinc: 0.5mg (3.33%), Potassium:

108.46mg (3.1%), Calcium: 27.17mg (2.72%), Vitamin B5: 0.22mg (2.17%), Selenium: 1.46µg (2.09%), Vitamin E: 0.24mg (1.63%), Vitamin B1: 0.02mg (1.56%)