

Spicy 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 chickpeas canned
- ☐ 0.1 teaspoon cayenne
- ☐ 0.3 teaspoon chipotle chile powder
- ☐ 0.3 teaspoon ground coriander
- ☐ 1 teaspoon sea salt fine
- ☐ 6 servings vegetable oil for frying

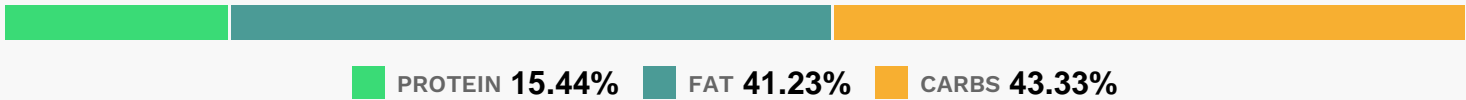
Equipment

- ☐ 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 between 350 and 375 (use a candy thermometer to test the temperature, or simply drop a chickpea in: When it sizzles, the oil is ready).
- ☐ Meanwhile, in a medium bowl, combine salt, pepper, chipotle powder, coriander, and cayenne. Set aside.
- ☐ With a large spoon or strainer, lower chickpeas into oil. They will bubble vigorously, so be careful (wearing long sleeves will help protect your arms from spatters). Cook until bubbling calms down and chickpeas are hot and crispy (test one 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%)