



Spicy Crunchy Chickpeas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



8

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon allspice
- ☐ 31 oz garbanzo beans dry rinsed drained canned
- ☐ 1 teaspoon cinnamon
- ☐ 1 teaspoon cumin
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt

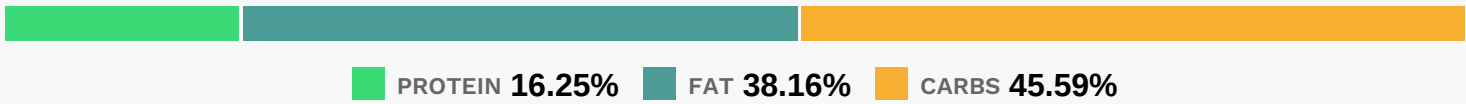
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400F. Line a large rimmed baking sheet with foil. In a large bowl, combine olive oil, cinnamon, cumin, allspice, salt and pepper.
- ☐ Add chickpeas and toss to coat thoroughly. Turn chickpeas out onto baking sheet and roast, stirring or shaking baking sheet often, until chickpeas are browned and crunchy, 45 to 50 minutes.
- ☐ Transfer to a bowl and let cool before serving, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:4.07, Inflammation Score:-2, Nutrition Score:7.3178260650324%

Nutrients (% of daily need)

Calories: 130.14kcal (6.51%), Fat: 5.73g (8.81%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 10.31g (3.75%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 596.81mg (25.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Manganese: 0.97mg (48.73%), Vitamin B6: 0.52mg (26.1%), Fiber: 5.08g (20.31%), Phosphorus: 89.77mg (8.98%), Iron: 1.59mg (8.83%), Copper: 0.17mg (8.72%), Magnesium: 31.28mg (7.82%), Folate: 27.61µg (6.9%), Zinc: 0.78mg (5.2%), Potassium: 168.1mg (4.8%), Calcium: 45.7mg (4.57%), Vitamin E: 0.52mg (3.46%), Vitamin B5: 0.33mg (3.31%), Selenium: 2.23µg (3.19%), Vitamin B1: 0.04mg (2.48%), Vitamin K: 2.4µg (2.29%), Vitamin B2: 0.02mg (1.05%)