



## Spicy Oven-Roasted Chickpeas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 30 ounce garbanzo beans drained and rinsed canned ( 3 cups)
- 0.5 teaspoon ground pepper
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 2 tablespoons olive oil
- 0.5 teaspoon sea salt

### Equipment

- bowl

baking sheet

oven

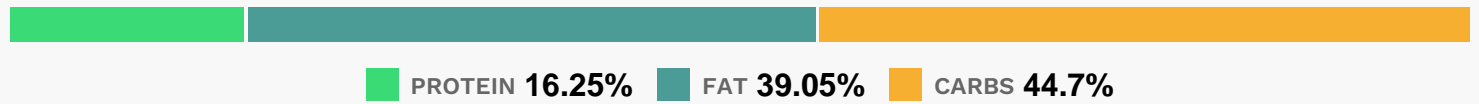
## Directions

Heat the oven to 400°F and arrange a rack in the middle.

Place the chickpeas in a large bowl and toss with the remaining ingredients until evenly coated.

Spread the chickpeas in an even layer on a rimmed baking sheet and bake until crisp, about 30 to 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:12.89, Glycemic Load:5.22, Inflammation Score:-4, Nutrition Score:9.493043422699%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 168.71kcal (8.44%), Fat: 7.58g (11.66%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 13.1g (4.76%), Sugar: 0.05g (0.05%), Cholesterol: 0mg (0%), Sodium: 594.02mg (25.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.1g (14.2%), Manganese: 1.18mg (59.01%), Vitamin B6: 0.68mg (34.15%), Fiber: 6.43g (25.73%), Phosphorus: 116.55mg (11.65%), Iron: 2.06mg (11.46%), Copper: 0.22mg (11.19%), Magnesium: 40.25mg (10.06%), Folate: 35.74µg (8.94%), Zinc: 1.01mg (6.75%), Potassium: 220.02mg (6.29%), Vitamin E: 0.86mg (5.73%), Calcium: 54.23mg (5.42%), Vitamin B5: 0.43mg (4.27%), Selenium: 2.94µg (4.19%), Vitamin A: 193.68IU (3.87%), Vitamin B1: 0.05mg (3.26%), Vitamin K: 3.31µg (3.16%), Vitamin B2: 0.03mg (1.59%), Vitamin B3: 0.25mg (1.26%)