



Spicy Roasted Chickpeas

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



330 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 tsp ground pepper
- 30 oz chickpeas (GARBANZO BEANS)
- 0.1 tsp cilantro leaves
- 0.3 tsp cumin
- 2 tablespoons olive oil
- 0.5 tsp paprika
- 0.3 tsp salt

Equipment

baking sheet

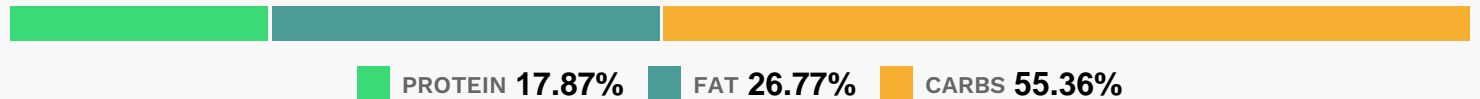
oven

Directions

Preheat your oven to 400 degrees F. Rinse and dry the chickpeas. Toss the chickpeas in the olive oil and spices.

Bake the chickpeas on a cookie sheet for about 40 minutes. Then eat up!

Nutrition Facts



Properties

Glycemic Index: 21.95, Glycemic Load: 8.7, Inflammation Score: -7, Nutrition Score: 19.074347402738%

Flavonoids

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

Nutrients (% of daily need)

Calories: 329.77kcal (16.49%), Fat: 10.07g (15.5%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 46.86g (15.62%), Net Carbohydrates: 33.82g (12.3%), Sugar: 8.2g (9.11%), Cholesterol: 0mg (0%), Sodium: 128.65mg (5.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.13g (30.26%), Manganese: 1.76mg (88.06%), Folate: 292.79µg (73.2%), Fiber: 13.04g (52.17%), Copper: 0.6mg (30.08%), Phosphorus: 287.25mg (28.72%), Iron: 5.07mg (28.17%), Magnesium: 82.56mg (20.64%), Zinc: 2.62mg (17.47%), Potassium: 503.92mg (14.4%), Vitamin B1: 0.2mg (13.27%), Vitamin B6: 0.24mg (12.2%), Vitamin E: 1.5mg (9.99%), Vitamin K: 10.45µg (9.95%), Selenium: 6.32µg (9.03%), Calcium: 85.07mg (8.51%), Vitamin B2: 0.11mg (6.54%), Vitamin B5: 0.49mg (4.92%), Vitamin B3: 0.93mg (4.65%), Vitamin A: 198.1IU (3.96%), Vitamin C: 2.29mg (2.78%)