



Spicy Toasted Garbanzo Beans and Pistachios



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



198 kcal

Ingredients

- ☐ 31 ounce garbanzo beans drained canned (chickpeas)
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 teaspoon sea salt
- ☐ 0.3 cup corn oil
- ☐ 2 teaspoons thyme leaves fresh
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon ground pepper black
- ☐ 1 cup pistachios raw shelled

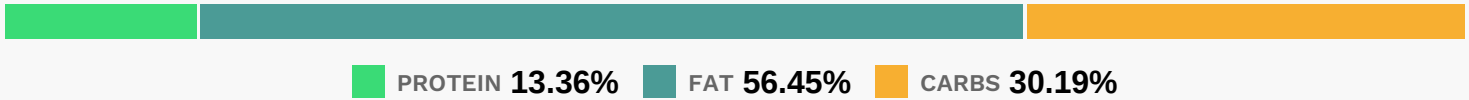
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat oven to 400°F. Toss garbanzo beans with next 5 ingredients in medium bowl.
- ☐ Transfer mixture to rimmed baking sheet.
- ☐ Bake until garbanzos are golden and crisp, stirring occasionally with metal spatula, about 20 minutes. (Can be made 4 hours ahead. Keep at room temperature.)
- ☐ Stir pistachios and thyme into garbanzo mixture.
- ☐ Bake until beans and pistachios are crunchy, about 12 minutes.
- ☐ Transfer mixture to bowl and serve warm.

Nutrition Facts



Properties

Glycemic Index:17.23, Glycemic Load:3.66, Inflammation Score:-6, Nutrition Score:8.9834782610769%

Flavonoids

Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 197.94kcal (9.9%), Fat: 12.97g (19.96%), Saturated Fat: 1.32g (8.27%), Carbohydrates: 15.61g (5.2%), Net Carbohydrates: 10.32g (3.75%), Sugar: 0.96g (1.06%), Cholesterol: 0mg (0%), Sodium: 477.43mg (20.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.91g (13.82%), Manganese: 0.91mg (45.41%), Vitamin B6: 0.63mg (31.5%), Fiber: 5.29g (21.15%), Copper: 0.3mg (15.08%), Phosphorus: 132.61mg (13.26%), Magnesium: 40.48mg

(10.12%), Iron: 1.79mg (9.97%), Vitamin B1: 0.14mg (9.14%), Vitamin E: 1.15mg (7.68%), Potassium: 263.36mg (7.52%), Folate: 28.58µg (7.15%), Zinc: 0.9mg (6%), Calcium: 48.33mg (4.83%), Selenium: 2.65µg (3.78%), Vitamin B5: 0.33mg (3.31%), Vitamin K: 2.78µg (2.65%), Vitamin A: 128.48IU (2.57%), Vitamin B2: 0.04mg (2.16%), Vitamin C: 1.51mg (1.83%), Vitamin B3: 0.3mg (1.51%)