

Spicy Garbanzo Nuts

Ingredients:

- 1 can (15 1/2 oz.) reduced sodium (50% less) garbanzo beans
- Cooking spray
- 1 tsp. garlic powder
- 1/4 - 1/2 tsp. cayenne pepper
- 1/4 tsp. dried whole oregano



Servings: 3



*SOY FREE

Instructions:

1. Preheat oven to 325° F.
2. Drain and rinse beans.
3. Combine seasonings in a bowl.
4. Add drained and rinsed beans and toss to coat with seasonings. (Try other seasonings like onion powder or cumin.)
5. Spread beans on a baking sheet that has been coated with cooking spray.
6. Bake for 45-55 minutes, or until browned and crisp.
7. Stir as needed to brown evenly. This spicy snack also makes a good salad topper.
8. Makes about 3 servings. Serving size: 1/3 cup.

Nutrition Facts

3 servings per container
Serving size 1/3 cup (74g)

Amount per serving

Calories 80

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 12g 4%

Dietary Fiber 3g 11%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 35mg 2%

Iron 1mg 6%

Potassium 134mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.