

Crispy Roasted Chickpeas

Ingredients:

Serves 6

- 1 ½ cup boiled chickpeas
- 1 Tbs oil
- 1 tsp curry powder
- 1 tsp paprika



*SOY FREE



*VEGAN



*GLUTEN-FREE



Directions:

1. Preheat oven to 425°F and line a large baking sheet with parchment paper.
2. Spread the chickpeas over a towel, pat them dry, and remove any loose skins.
3. Once dry, transfer chickpeas to the baking sheet, toss with the oil and seasonings until they are well coated.
4. Roast the chickpeas for 20-30 minutes until they are crispy.
5. Store roasted chickpeas in a loosely-covered container at room temperature. They are best used within two days.

Nutrition Facts

6 servings per container

Serving size 1/4 cup

Amount per serving

Calories **90**

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 12g **4%**

Dietary Fiber 3g **11%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 20mg **2%**

Iron 1.3mg **8%**

Potassium 130mg **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.