

Oil-Free Roasted Chickpeas

8 ingredients · 45 minutes · 1 serving



Directions

1. Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Place chickpeas on the baking sheet and pat dry. Bake for 25 minutes.
3. In a bowl, add the remaining ingredients. Add the cooked chickpeas and toss to coat. Spread the chickpeas back on the baking sheet. Bake for an additional 20 minutes or until golden. Enjoy!

Notes

Leftovers

Store roasted chickpeas in an airtight container at room temperature for up to five days.

Serving Size

One serving is equal to approximately a 1/2 cup of chickpeas.

More Flavor

Add in lime zest for extra flavor!

Ingredients

1/2 cup Chickpeas (cooked, rinsed)

3/4 tsp Water

3/4 tsp Lime Juice

1/3 tsp Paprika

1/4 tsp Chili Powder

1/4 tsp Cumin

1/4 tsp Garlic Powder

1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	144	Cholesterol	0mg
Fat	2g	Sodium	322mg
Carbs	24g	Vitamin A	653IU
Fiber	7g	Vitamin C	2mg
Sugar	4g	Calcium	51mg
Protein	8g	Iron	3mg