



NutritionRx
Jennifer Broxterman

Roasted Spicy Chickpeas

These chickpeas can be eaten as a flavourful protein-packed snack or as a side to a meal. Chickpeas are high in dietary fibre and are a helpful source of zinc, protein, calcium, and folate.

Prep: 5 minutes • Total: 45 minutes

Ingredients:

Canned chickpeas, unsalted and drained	12 oz.	340 g
Salt	1 tsp	6 g
Garlic powder	3 tsp	9 g
Cayenne pepper	2 tsp	4 g

Directions:

1. Preheat oven to 425 °F.
2. Blot chickpeas with a paper towel to dry them and spread out over a baking sheet. Bake for 30-40 minutes, until golden brown and crunchy. Watch the chickpeas don't burn as baking time varies in different ovens.
3. In a mixing bowl, toss the warm chickpeas in the garlic salt and cayenne pepper. Serve warm or at room temperature.
4. Seal extras chickpeas in an airtight container as a quick, accessible snack when you're on the go.

Nutrition Facts

Serving Size (120g)		Servings Per Container	
Amount Per Serving			
Calories 130	Calories from Fat 10		
% Daily Value*			
Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 800mg			33%
Total Carbohydrate 23g			8%
Dietary Fiber 5g			20%
Sugars 1g			
Protein 7g			
Vitamin A 10%		Vitamin C 2%	
Calcium 4%		Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Adapted from: All Recipes

Makes 3 servings (120 g / serving) • 1 serving = approx. ½ cup

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