

Roasted Chickpeas

Makes: 4 servings

Ingredients

1 (12 ounce) can chickpeas (garbanzo beans), drained
2 tablespoons olive oil
Salt (optional)
Garlic salt (optional)
Cayenne pepper (optional)

Directions

1. Preheat oven to 450 degrees F (230 degrees C).
2. Blot chickpeas with a paper towel to dry them. In a bowl, toss chickpeas with olive oil, and season to taste with salt, garlic salt, and cayenne pepper, if using. Spread on a baking sheet, and bake for 30 to 40 minutes, until browned and crunchy. Watch carefully the last few minutes to avoid burning.

Total Cost: \$1.85

Serving Cost: \$0.46

Source: Allrecipes.com



Nutrition Facts

4 servings per container
Serving size 3 oz (92g)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%

Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 123mg	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.

