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Ranch Chickpea Chips ♦♦

Ranch Chickpea Chips are a delicious and healthy alternative to traditional potato chips. Made with chickpea flour and flavored with a savory ranch seasoning, these chips are crispy, flavorful, and packed with protein and fiber. They are perfect for snacking on their own or dipping into your favorite dips and spreads. Try making these homemade chips for your next party or movie night!

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

150 g	Chickpea Flour
2 tbsp	olive oil
2 tbsp	ranch seasoning
1 tsp	Salt

4 tbsp Water

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large mixing bowl, combine the chickpea flour, olive oil, ranch seasoning, and salt. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Add water, one tablespoon at a time, to the flour mixture until a dough forms.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Rolling

Roll out the dough on a lightly floured surface until it is about 1/8 inch thick.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Cutting

Using a knife or pizza cutter, cut the dough into small chip-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Preparation

Place the chips on a baking sheet lined with parchment paper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Baking

Bake in the preheated oven for 20-25 minutes, or until the chips are golden brown and crispy.

Prep Time: 0 mins

Cook Time: 25 mins

Step 8

Cooling

Remove from the oven and let cool completely before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 7 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	4 g	10.53%	16%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	180 mg	5.29%	6.92%
Zinc	6 mg	54.55%	75%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Oven

Nutritional Content

Low Calorie

Cuisines

Italian

Middle Eastern

Diet

Anti-Inflammatory Diet

TLC Diet (Therapeutic Lifestyle Changes)

Vegetarian Diet

Course

Soups

Snacks

Salads

Main Dishes

Side Dishes

Sauces & Dressings

Breads

Cultural

Chinese New Year

Healthy For

Gastroesophageal reflux disease (GERD)

Cooking Method

Baking

Meal Type

Snack

Supper

Lunch

Difficulty Level

Medium

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