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## Garlic and Herb Parmesan Roasted Chickpeas

Garlic and Herb Parmesan Roasted Chickpeas are a delicious and healthy snack option. These roasted chickpeas are flavored with garlic, herbs, and Parmesan cheese, giving them a savory and satisfying taste. They are perfect for snacking on their own or as a topping for salads and soups. The chickpeas are roasted until crispy and golden brown, resulting in a crunchy texture that is irresistible. This recipe is vegetarian-friendly and can be easily modified to be vegan by omitting the Parmesan cheese.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** 40 mins

**Total Time:** 50 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 6

**Serving Size:** 50 g

### Ingredients

400 g	canned chickpeas
2 tbsp	olive oil

1 teaspoon	garlic powder
1 teaspoon	dried oregano
1 teaspoon	dried basil
2 tbsp	parmesan cheese
1 teaspoon	salt
0.5 teaspoon	black pepper

## Directions

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### Step 1

#### Preheating

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Rinsing

Rinse and drain the canned chickpeas.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In a bowl, toss the chickpeas with olive oil, garlic powder, dried oregano, dried basil, Parmesan cheese, salt, and black pepper until well coated.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 4

#### Spreading

Spread the seasoned chickpeas in a single layer on a baking sheet.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 5

#### Baking

Bake in the preheated oven for 30-35 minutes, or until the chickpeas are crispy and golden brown.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

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### Step 6

#### Cooling

Remove from the oven and let cool before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 3 g

**Protein:** 7 g

**Carbohydrates:** 22 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)
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Carbohydrates	22 g	40%	44%
Fibers	5 g	13.16%	20%
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	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	3 g	10.71%	12%
Cholesterol	2 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
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	250 mg	10.87%	10.87%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	240 mg	7.06%	9.23%
Zinc	6 mg	54.55%	75%
Selenium	8 mcg	14.55%	14.55%

## Recipe Attributes

### Seasonality

Spring Summer

### Events

Christmas Easter Game Day

### Course

Drinks Salads Snacks

### Cultural

Chinese New Year Easter

### Cost

Under \$10

### Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

### Diet

Mediterranean Diet

Paleo Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

### Meal Type

Snack

Supper

### Difficulty Level

Medium

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