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Roasted Chickpea Gyros ♦♦

Roasted Chickpea Gyros is a vegan Mediterranean dish that features crispy roasted chickpeas seasoned with spices and served in a warm pita bread with fresh vegetables and a tangy tzatziki sauce. This recipe is a healthy and delicious alternative to traditional gyros.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	canned chickpeas
2 tbsp	olive oil
1 tsp	paprika
1 tsp	cumin
1 tsp	garlic powder

1 tsp	salt
0.5 tsp	black pepper
4 pieces	pita bread
8 tbsp	tzatziki sauce
8 slices	Tomatoes
8 slices	cucumber
4 slices	red onion
4 leaves	lettuce

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

Rinse and drain the canned chickpeas.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

In a bowl, combine the chickpeas, olive oil, paprika, cumin, garlic powder, salt, and black pepper. Toss until the chickpeas are coated evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Roasting

Spread the seasoned chickpeas on a baking sheet lined with parchment paper. Roast in the preheated oven for 20-25 minutes, or until crispy.

Prep Time: 0 mins

Cook Time: 25 mins

Step 5

Oven

While the chickpeas are roasting, warm the pita bread in a toaster or oven.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Assembling

Assemble the gyros by spreading tzatziki sauce on each warm pita bread. Top with roasted chickpeas, tomatoes, cucumber, red onion, and lettuce.

Prep Time: 3 mins

Cook Time: 0 mins

Step 7

Serving

Serve the Roasted Chickpea Gyros immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 8 g

Protein: 14 g

Carbohydrates: 55 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	14 g	82.35%	82.35%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	55 g	100%	110%
Fibers	12 g	31.58%	48%
Sugars	6 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	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	10 mg	1%	1%
Iron	20 mg	250%	111.11%
Potassium	15 mg	0.44%	0.58%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Summer

Fall

Cuisines

Greek Spanish American

Nutritional Content

High Protein

Course

Salads Snacks Sauces & Dressings

Cultural

Diwali

Cost

\$10 to \$20 \$20 to \$30 \$40 to \$50

Demographics

Heart Healthy

Diet

Mediterranean Diet Vegetarian Diet Vegan Diet Pescatarian Diet
Ovo-Vegetarian Diet Lacto-Vegetarian Diet

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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