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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

<b>400 g</b>	canned chickpeas
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	paprika
<b>1 tsp</b>	cumin
<b>1 tsp</b>	garlic powder

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

## Directions

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### 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

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### 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

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### 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

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### 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

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## 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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