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Spicy Roasted Chickpeas ♦

Spicy Roasted Chickpeas are a delicious and healthy snack. They are made by roasting chickpeas in a spicy seasoning mix until crispy and golden brown. These roasted chickpeas are packed with flavor and make a great alternative to traditional snacks. They are perfect for parties, picnics, or just as a quick and easy snack.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

400 g	Chickpeas
2 tbsp	olive oil
2 tsp	paprika
1 tsp	cayenne pepper
1 tsp	garlic powder

1 tsp salt

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Rinsing

Rinse and drain the chickpeas.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a bowl, combine the olive oil, paprika, cayenne pepper, garlic powder, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Add the chickpeas to the bowl and toss until evenly coated with the seasoning mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Preparation

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Baking

Bake for 30 minutes, or until the chickpeas are crispy and golden brown.

Prep Time: 0 mins

Cook Time: 30 mins

Step 7

Cooling

Remove from the oven and let cool before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 365 kcal

Fat: 13 g

Protein: 14 g

Carbohydrates: 48 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	48 g	87.27%	96%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	10 g	26.32%	40%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	13 g	46.43%	52%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	3 mg	3.33%	4%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	420 mg	18.26%	18.26%
Calcium	6 mg	0.6%	0.6%
Iron	4 mg	50%	22.22%
Potassium	477 mg	14.03%	18.35%
Zinc	3 mg	27.27%	37.5%
Selenium	7 mcg	12.73%	12.73%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Snacks

Salads

Sauces & Dressings

Cultural

Chinese New Year

Events

Picnic

Meal Type

Snack

Supper

Difficulty Level

Medium

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