



A Nutrition Resource

# ROASTED MUNCHING CHICKPEAS

**Yield: 6.75 Servings | Serving Size: 1/3 Cup**

**Cost/Serving: \$0.64**

**Ingredients:**

- 3 cups cooked chickpeas (1 1/4 cups of dry chickpeas)
- 1 teaspoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon cumin
- 1/4 teaspoon paprika
- 1/4 teaspoon garlic powder

**Directions:**

To cook chickpeas ahead of time:

- Using a colander, rinse 1 1/4 cups of dry chickpeas with running water. Add rinsed chickpeas to a medium-large bowl and add 2 cups of water, cover, and leave to soak for about 16 hours.
- After soaking, drain off chickpea water and add chickpeas to a large pot along with 3 1/2 cups of water. Bring to a boil on the stovetop and reduce to a strong simmer for 1 1/2 to 2 hours. Taste test one or two chickpeas to check if they are done, they should no longer be grainy, but not mushy yet either.
- Drain the chickpeas, shaking off as much water as possible. The chickpeas can be baked immediately or refrigerated for baking later.

When chickpeas are pre-cooked:

- Preheat the oven to 375°F. Line a baking sheet with parchment paper and pour the chickpeas onto the sheet, making sure they are spread out. Pat dry with a paper towel.

## Nutrition Facts

6.75 servings per container  
**Serving size 1/3 cup (74g)**

Amount per serving  
**Calories 130**  
% Daily Value\*

**Total Fat** 2.5g 3%  
Saturated Fat 0g 0%  
Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 90mg 4%

**Total Carbohydrate** 20g 7%

Dietary Fiber 6g 21%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 6g

Vitamin D 0mcg 0%

Calcium 37mg 2%

Iron 2mg 10%

Potassium 214mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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- 5) Bake for 20 minutes then shake the pan to roll chickpeas around. Continue baking for another 15-20 minutes, for a total baking time of 35-40 minutes.
- 6) While the chickpeas are baking, mix salt and dry seasonings together in a small bowl.
- 7) As soon as the chickpeas are done baking, pour them into a large bowl, drizzle with olive oil and shake the bowl until chickpeas are evenly coated. Then sprinkle

**Note:** These chickpeas are great by themselves as a snack, or as a crunchy topping for salads and grain bowls.

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