

Spicy Chickpeas

Alberta Health Services recommends choosing healthy cooking methods like baking, roasting or grilling. This crunchy snack is baked and is a tasty alternative to fried snack foods.



Ingredients:

1 – 14 ounce can	Chickpeas	1 – 398 mL can
1 Tbsp	Vegetable oil, like canola oil	15 mL
½ tsp	Cumin powder	2 mL
½ tsp	Turmeric	2 mL
1 tsp	Garlic powder	5 mL
1 tsp	Onion powder	5 mL
1 Tbsp	Parsley flakes	15 mL
2 tsp	Dried oregano	10 mL
½ tsp	Hot pepper flakes (optional)	2 mL
½ tsp	Salt	2 mL
½ tsp	Pepper	2 mL

Directions:

1. Preheat oven to 400°F (200°C).
2. Drain chickpeas and rinse with cold water.
3. Add remaining ingredients and toss gently.
4. Roast chickpeas in a single layer on a baking sheet for 15 to 20 minutes until dry and crunchy.
5. Serve hot or cold as a snack or as a topping for salad.

Makes 1 ½ cups

Serves 6 (60 mL/ ¼ cup/ 54 g)

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Nutrition Facts

Per 1/6 of recipe (60 mL / ¼ cup / 54 g)

Amount	% Daily Value
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Calories 100	
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Fat 3.5 g	5 %
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Saturated 0 g	0 %
+ Trans 0 g	

Cholesterol 0 mg	
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Sodium 200 mg	8 %
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Carbohydrate 14 g	5 %
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Fibre 3 g	12 %
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Sugars 3 g	
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Protein 4 g	
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Vitamin A	4 %
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Vitamin C	2 %
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Calcium	4 %
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Iron	15 %
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Nutrient Claim	Amount per serving
Source of fibre	2.6 g
Saturated fat-free	0 g
Low in potassium	168 mg
Source of magnesium	26 mg
High in folate	82 mcg
Source of iron	2 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	0
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	¼

This is a Choose Sometimes recipe (Meats and Alternatives) according to the Alberta Nutrition Guidelines.