MEDITERRANEAN · SNACK

Crunchy Oven-Roasted Chickpeas

40 min · Serves 4 · 130 kcal a serve · Video 3:41 · Feelgoodfoodie

Vegan · Gluten-free ingredients · No nuts listed

Crunchy like nuts but with far less fat, and each serve brings plant protein, fibre and folate.

Diet notes: Low saturated fat (0.7 g, 5% of the energy).

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Ingredients 6 · SERVES 4

- [ ] 1 × 425 g can **chickpeas**, rinsed, drained and rubbed with paper towel until there is no moisture left
- [ ] 1 tbsp **olive oil**
- [ ] ½ tsp **ground cumin**
- [ ] ½ tsp **paprika**
- [ ] ¼ tsp **salt**
- [ ] ¼ tsp **pepper**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 220 °C and line a tray with baking paper.
2. Rinse the chickpeas until the water runs clear, then pat them very dry with paper towel. 1:01
3. Toss on the tray with the oil, cumin, paprika, salt and pepper and spread out in one layer. 1:26
4. Roast 30–35 minutes, tossing halfway, until crisp. 2:30
5. Eat warm, or cool completely and store airtight.

> **Tip** Store airtight with the lid slightly open for up to 4 days so they stay crisp. The cook's other spice pairs (½ tsp each): chilli powder and garlic powder, curry powder and turmeric, or za'atar and sumac.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
130 kcal	5.4 g	17 g	4.7 g	5 g	270 mg
540 kJ	11% of a day	12 g net · 2.9 g sugars	17% of a day	0.7 g saturated	12% of a day
		6% of a day		6% of a day	

Energy from net carbs 42% · protein 19% · fat 39%

High in (20%+ of a day) Folate 26%

Source of (10–19%) Iron 11%

Recipe and video: Feelgoodfoodie (@Feelgoodfoodie) on YouTube — youtube.com/watch?v=bjnbD_TR95o, published 13 May 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/feelgoodfoodie-roasted-chickpeas