



# BBQ Roasted Chickpeas

Prep Time 5 mins  
 Total Time 50 mins  
 Meal Type Snack,Side  
 Contributed By



Source Living Plate Teaching Kitchen

Servings 2



## Ingredients

lb,c g,ml

- 1 1/2 cups chickpeas, *drained and rinsed*
- 1 tsp BBQ Seasoning Mix
- 1/8 tsp pepper
- 1 Tbs olive oil

## Directions

### Prep

1. Drain and rinse the chickpeas.

### Make

1. Preheat oven to 350°F and line a large baking sheet with parchment paper.
2. In a large bowl combine the chickpeas, seasoning, and olive oil. Toss to combine and spread evenly on the baking sheet. Roast for 40-50 minutes, stirring chickpeas occasionally, until chickpeas are slightly crispy. Serve as a snack or as a side dish.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> <b>221</b> per serving		<b>Total Fat</b> 9.8g	15%	<b>Total Carbohydrates</b> 27g	8%
		Saturated Fat 1.2g	6%	Dietary Fiber 8g	30%
		Trans Fat 0.0g		Total Sugars 5g	
		Cholesterol 0mg	0%	<b>Protein</b> 8g	
		Sodium 281mg	12%		
Vitamin D 0mcg 0% · Calcium 54mg 5% · Iron 1mg 7% · Potassium 153mg 3%					

\* The percent Daily Value (DV) 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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