



Cinnamon Nutmeg Chickpeas

You can use any favorite seasonings you like!

Storage instructions: Store in an airtight container, unrefrigerated, up to a week.

| <u>U.S.</u> | | <u>Metric</u> |
|---------------|---------------------------------------|---------------|
| 1 (15 oz) can | Chickpeas, canned, drained and rinsed | 425.2 g |
| 2 tsp | Olive oil | 9.5 g |
| 1/2 tsp | Cinnamon | 2.4 g |
| 1/8 tsp | Nutmeg | 0.6 g |
| 1/8 tsp | Salt, kosher | 0.6 g |

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 400°F.
3. Toss chickpeas with olive oil, cinnamon, nutmeg, and salt
4. Spread in single layer on baking tray and roast for 25-30 minutes, stirring occasionally, until they are brown and crunchy.

Nutrition Facts

| | |
|---------------------|----------------|
| Serving size | 1/4 cup |
| Servings | 4 |
| Calories | 110 |
| Calories from Fat | 20 |
| Total Fat | 2.5 g |
| Saturated Fat | 0 g |
| Trans Fat | 0 g |
| Monounsaturated Fat | 2 g |
| Cholesterol | 0 mg |
| Sodium | 250 mg |
| Carbohydrates | 17 g |
| Dietary Fiber | 6 g |
| Sugars | 0 g |
| Protein | 5 g |
| Vitamin A | 0 % |
| Calcium | 4 % |
| Vitamin C | 0 % |
| Iron | 6 % |
