



Cinnamon Roasted Chickpeas

These are a great sweet snack. Store at room temperature.

Try different spice blends such as garlic and herb, taco, or ranch.

U.S.

1 (15 oz) can	Chickpeas, rinsed and drained
1 tsp	Olive oil
1 Tbsp	Cinnamon
1 Tbsp	Sugar, granulated

Metric

425.2 g
4.7 g
14.4 g
14.4 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 300°F.
3. Mix spices together and toss with the chickpeas and olive oil.
4. Spread in single layer on baking tray and roast for 25-30 minutes, stirring occasionally, until they are brown and no longer soft. Serve

Nutrition Facts

Serving size 1/2 cup
Servings 3

Calories	141
Calories from Fat	30
Total Fat	4 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	230 mg
Carbohydrates	26 g
Dietary Fiber	6 g
Sugars	4 g
Protein	6 g
Vitamin A	0 %
Calcium	0 %
Vitamin C	3 %
Iron	1 %
Phosphorous	2 %