



# Creole Roasted Chickpeas (Large Font)

You can use any favorite seasonings you like!

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

<u><b>U.S.</b></u>		<u><b>Metric</b></u>
1 (15 oz) can	Chickpeas, canned, drained, and rinsed	425.2 g
2 tsp	Olive oil	9.5 g
1 Tbsp	Creole seasoning, salt free	14.4 g
1/4 tsp	Salt, kosher	1.2 g

## **Preparation:**

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

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## **Nutrition Facts**

<b>Serving size</b>	<b>1/4 cup</b>
<b>Servings</b>	<b>4</b>
<b>Calories</b>	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
Potassium	0 mg
Vitamin A	0 %
Calcium	4 %
Vitamin C	0 %
Iron	6 %
Phosphorous	0 mg