



## Taco Roasted Chickpeas

You can use any favorite seasonings you like!

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

### U.S.

1 (15 oz) can	Chickpeas, canned, drained, and rinsed
2 tsp	Olive oil
1 Tbsp	Taco seasoning (see recipe)
1/4 tsp	Salt, kosher

### Metric

1 (425 g) can
10 mL
14 g
1.2 g

### **Preparation:**

1. Gather all equipment and ingredients.
2. Preheat oven to 350°F.
3. Toss chickpeas with olive oil, taco seasoning, and salt.
4. Spread in single layer on baking tray and roast for 30 - 45 minutes, stirring occasionally, until they are brown and crunchy. Serve.

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## **Nutrition Facts**

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4 Servings

**Serving size**                      **1/4 cup**

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**Amount per serving**

**Calories**                              **170**

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<b>Total Fat</b>	5 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	2 g
<b>Cholesterol</b>	0 mg
<b>Sodium</b>	350 mg
<b>Total Carbohydrate</b>	24 g
Dietary Fiber	7 g
Total Sugars	4 g
Includes 0 g Added Sugars	
<b>Protein</b>	7 g
Vitamin D	0 %
Calcium	4 %
Iron	6 %
Potassium	100 mg
Phosphorus	85 mg

8/31/20