



Creole Roasted Chickpeas

You can use any favorite seasonings you like! Storage instructions:
Store in an airtight container, unrefrigerated, up to a a week.

<u>U.S.</u>		<u>Metric</u>
1 (15 oz.) can	Chickpeas, canned, drained, and rinsed	425 g
2 tsp	Olive oil	9.5 g
1 tbsp	Creole seasoning, salt free	14 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.

Nutrition Facts	
Serving size	1/4 up
Servings	4
Calories	110
Calories from Fat	20
Total Fat	3 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 %
Phosphorus	0 mg
