



Savory Roasted Chickpeas

These savory roasted chickpeas are so quick and easy to make!

Course	Snack
Cuisine	American
Keyword	Chickpeas
Prep Time	10 minutes

Cook Time 35 minutes

Total Time 45 minutes

Servings 3

Calories 186kcal

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Cost \$.18 per serving

Ingredients

- 2 cups cooked chickpeas
- 1 1/2 tsp. salt
- 1 tsp. smoked paprika
- 1/4 tsp. chili powder
- 1/4 tsp. cayenne pepper

Instructions

1. Preheat the oven to 400 degrees.
2. Stir together the seasonings in a small bowl. Pour them over the chickpeas in a large bowl and stir to coat evenly.
3. Place the chickpeas in a single layer in a roasting pan or on a cookie sheet with sides.
4. Bake for 35-40 minutes, stirring every 10 minutes.
5. These can be stored in an airtight container at room temperature. As stated above, you may want to put them under the broiler for a minute or two if they've been stored in the container for more than a few hours.

Nutrition

Calories: 186kcal | Carbohydrates: 31g | Protein: 10g | Fat: 3g | Saturated Fat: 1g | Sodium: 3518mg |

Potassium: 356mg | Fiber: 9g | Sugar: 5g | Vitamin A: 1131IU | Vitamin C: 2mg | Calcium: 57mg | Iron: 4mg