

Roasted Chickpeas

Ingredients:

- 1.5 Cup(s) Eden Garbanzo Beans (chickpeas), Organic
- 1tbsp Olive oil, Extra Virgin
- 0.75 Trader Joe's Spices of the World 21 Seasoning Salute

Directions:

1. Preheat oven to 400 degrees. Line cookie sheet with aluminum foil/
2. Drain and rinse beans.
3. Spread beans in single layer on a cookie sheet. Drizzle with olive oil and seasoning.
4. Bake in oven for 25 minutes.
5. Let cool and store in airtight container at room temperature.
6. Enjoy!

Nutrition

Serving Size: 3 oz. (handful)

	Amount Per Serving	My Daily Value
Calories	85Kcal	5%
Total Fat	2.83g	4%
Saturated Fat	0.33mg	2%
Trans Fat	0mg	0%
Cholesterol	0mg	0%
Sodium	15mg	1%
Potassium	15mg	1%
Total Carbohydrate	11.5mg	5%
Dietary Fiber	2.5g	10%
Sugars	0.5g	7%
Added Sugars	0g	0%
Protein	3.5g	7%
Vitamin A	0mcg	0%
Vitamin C	0mg	0%
Calcium	30mg	3%
Iron	0.72	4%