

Grilled chickpeas

Cuisine: **Other**

Food category: **Legumes**



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Company: **Retigo**

Program steps

Preheating: 185 °C

1 Hot air 100 % Termination by time 00:30 hh:mm 185 °C 80 %

Ingredients - number of portions - 4

Name	Value	Unit
canned chickpeas	400	g
ground smoked paprika	2	g
Garlic powder	1	g
olive oil	40	g
salt	2	g

Nutrition and allergens

Allergens:

Minerals: Ca, Fe, K, Mg

Vitamins: A, D, E, K

Nutritional value of one portion	Value
Energy	155.5 kJ
Carbohydrate	9.5 g
Fat	10.2 g
Protein	4.1 g
Water	0 g

Directions

Drain, rinse, and dry the chickpeas.

Pour the chickpeas, the oil, the garlic, the paprika, and the salt into a bowl.

Mix and place the chickpeas on a baking sheet.

Bake in the oven.