

# Mediterranean Crispy Chickpeas

Recipe recommended by Yasmine Fella  
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## MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	552kj	7%
Energy (kcal)	131kcal	7%
Fat	2.5g	4%
<i>of which saturates</i>	0.4g	2%
Carbohydrate	17g	7%
<i>of which sugars</i>	0.6g	1%
Fibre	6.4g	26%
Protein	7.4g	15%
Salt	0.18g	3%

Generated by Nutritics v5.61 on 09/09/2022

### INGREDIENTS: (Used as a garnish/topping – serves n/a)

- 1x 400g can of chickpeas, drained (may contain **SULPHITES**)
- 1 tsp olive oil
- 1tsp turmeric, paprika, chilli powder, cumin
- 1 pinch of salt
- ½ tsp black pepper, ground

### METHOD:

1. Pat your chickpeas dry and either add them to an air fryer or over dish
2. Add all your spices, olive oil, salt and pepper and mix until all chickpeas are coated
3. Cook at 200 degrees for 5-15 minutes, depending on how crispy you like your chickpeas
4. Now add to salad, soups, stews, and tagines as an added texture to all your dishes

### ALLERGENS



**SULPHITES**

### MODIFY

### CREDIT

Recipe by: Yasmine Fella  
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