

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.