



Recipe Name: Roasted Chickpeas Recipe

Diet Type:

Course: Snack

Cuisine: North Indian Recipes

Quantity: 1/2 cup



Ingredients

Ingredient	Quantity
• 1 1/2 cups Kabuli Chana (White Chickpeas) - soaked in water for 7-8 hours (overnight)	3
• 1 teaspoon Cajun spice mix	
• 1 teaspoon Garam masala powder	
• 1 teaspoon Red Chilli flakes	
• 1 teaspoon Dried oregano	
• 2-3 tablespoon Extra Virgin Olive Oil	
• 1 tablespoon Garlic - finely chopped(or garlic paste)	
• Salt - to taste	

Preparation

- To begin making the Roasted Chickpeas, first, Pre-heat the oven to 200 deg Celsius.
- Brush some olive oil on a non-stick baking sheet.
- Drain the chickpeas till all the water is removed.
- Use a kitchen towel to soak off the excess moisture.
- Whisk together the o.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	5	20	2	5	2