

# Buffalo Chickpea Loaded Potato

Yield: 2 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/baked-chickpea-recipe-taste-like-cheese-in-italy>

## Ingredients:

- 2 potatoes
- 1/2 cup chickpeas
- 1 tablespoon olive oil
- 1/2 onion medium, sliced
- 1/4 cup red hot franks
- 2 tablespoons butter no necessary but reduces heat.
- cheese
- ranch

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 45 milligrams
4. Fat: 24 grams
5. Fiber: 7 grams
6. Protein: 11 grams
7. SaturatedFat: 11 grams
8. Sodium: 340 milligrams
9. Sugar: 3 grams

---

Thank you for visiting our website. Hope you enjoy Buffalo Chickpea Loaded Potato above. You can see more 17 baked chickpea recipe taste like cheese in italy Get ready to indulge! to get more great cooking ideas.