

# Traditional Italian Baccala with Chickpeas

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-fried-chickpeas-recipe>

## Ingredients:

- 10 1/2 ounces baccala after soaked
- 2 tablespoons olive oil
- 1/2 onion chopped
- 1/2 stalk celery chopped
- 1 clove garlic finely chopped
- 1/4 cup chopped parsley fresh
- 1 can tomatoes pelati, 400 grams
- 1/2 teaspoon basil
- pepper flakes if desired, optional
- 1 cup water
- 2 cups chickpeas soaked, approximately 1 cup dried

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 28 grams
3. Fat: 8 grams
4. Fiber: 5 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 310 milligrams
8. Sugar: 3 grams

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