

Italian Parmesan Roasted Chickpeas

Yield: 2 min
Total Time: 55 min

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

Ingredients:

- 1 can chickpeas garbanzo beans rinsed, drained, and patted dry
- 1 tablespoon olive oil
- 1/8 teaspoon paprika
- 1/8 teaspoon onion powder
- 1/8 teaspoon garlic powder
- 1/8 teaspoon salt
- ¼ teaspoon ground pepper
- 1 teaspoon italian seasoning dried
- 1 tablespoon grated Parmesan cheese very finely

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 5 milligrams
4. Fat: 10 grams
5. Fiber: 9 grams
6. Protein: 12 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 850 milligrams

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