

# Warm Winter Chickpeas

Yield: 2 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/new-scandinavian-taste-of-winter-recipe>

## Ingredients:

- 2 tablespoons unsalted butter
- 1 cup sliced mushrooms I used baby bellas
- 8 Brussels sprouts thinly sliced
- 15 ounces chickpeas drained and rinsed
- 2 slices bacon cardamom sugared, crumbled
- 2 tablespoons toasted pecans chopped
- 1/4 teaspoon pepper
- 1 pinch nutmeg
- freshly grated Parmesan for topping

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 50 milligrams
4. Fat: 28 grams
5. Fiber: 8 grams
6. Protein: 18 grams
7. SaturatedFat: 12 grams
8. Sodium: 890 milligrams
9. Sugar: 1 grams

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