

# Italian Chickpea Nibbles

Source: The Get Healthy, Go Vegan Cookbook by Neal Barnard, MD; recipe by Robyn Webb

These nibbles are a great snack or appetizer. You can eat them right away for a tasty crunch or after they've cooled down when they're a bit chewy.

## About the Recipe

**131 Calories · 6.5 g Protein · 4.6 g Fiber**  
**Snack**

## Ingredients

***Makes 4 Servings***

- 1 15-oz (228-g) can chickpeas, drained and patted dry
- 1 tsp (5 mL) olive oil *\*optional*
- 1/2 tsp (2.5 mL) garlic powder
- 1/2 tsp (2.5 mL) dried oregano
- 1/2 tsp (2.5 mL) dried basil
- 1/2 tsp (2.5 mL) onion powder
- Iodized sea salt *\*optional*
- Ground black pepper *\*optional*

## Directions

1. Preheat the oven to 400 F (204 C). Line a baking sheet with parchment paper.
2. In a bowl, combine all ingredients. Spread onto baking sheet in one layer.&nbsp;
3. Roast until nicely browned, about 10 minutes, tossing halfway through. Remove from oven and cool slightly.&nbsp;

# Nutrition Facts

*Per serving (1/4 of recipe)*

**Calories:** 131

**Fat:** 3 g

**Saturated Fat:** 0.4 g

**Calories from Fat:** 19.7%

**Cholesterol:** 0 mg

**Protein:** 6.5 g

**Carbohydrates:** 20.4 g

**Sugar:** 0.4 g

**Fiber:** 4.6 g

**Sodium:** 323 mg

**Calcium:** 40 mg

**Iron:** 2.2 mg

**Vitamin C:** 1.2 mg

**Beta Carotene:** 19 mcg

**Vitamin E:** 0.4 mg