

Oil-Free Chickpea Croutons

About the Recipe

48 Calories · 3 g Protein · 2 g Fiber

Sauce/Dressing/Topping

Ingredients

Makes 16 Servings

- 1 cup (210 g) dry chickpeas, soaked in water overnight, drained and rinsed
- Juice of 1/2 lemon
- 2 tablespoons (24 g) nutritional yeast
- 1 teaspoon sea salt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

Directions

1. Preheat the oven to 375 F. Line a baking sheet with parchment paper.
2. Add the chickpeas and lemon juice to a bowl and toss to combine. Add the nutritional yeast, salt, garlic powder, and onion powder. Toss everything to coat the chickpeas with the dry spices. Transfer to the prepared baking sheet.
3. Bake for 20 minutes, toss, and bake an additional 10 minutes until the chickpeas have started to crisp up slightly and all of the chickpeas are dry.
4. Let cool and use croutons on salad or in bowls as desired.

Nutrition Facts

Per serving:

Calories: 48

Fat: 1 g

Saturated Fat: 0.07 g

% Calories From Fat: 13%

Cholesterol: 0 mg

Protein: 3 g

Carbohydrate: 8 g

Sugar: 1 g

Fiber: 2 g

Sodium: 149 mg

Calcium: 15 mg

Iron: 0 mg

Vitamin C: 1 mg

Beta-Carotene: 4 mcg

Vitamin E: 0 mg