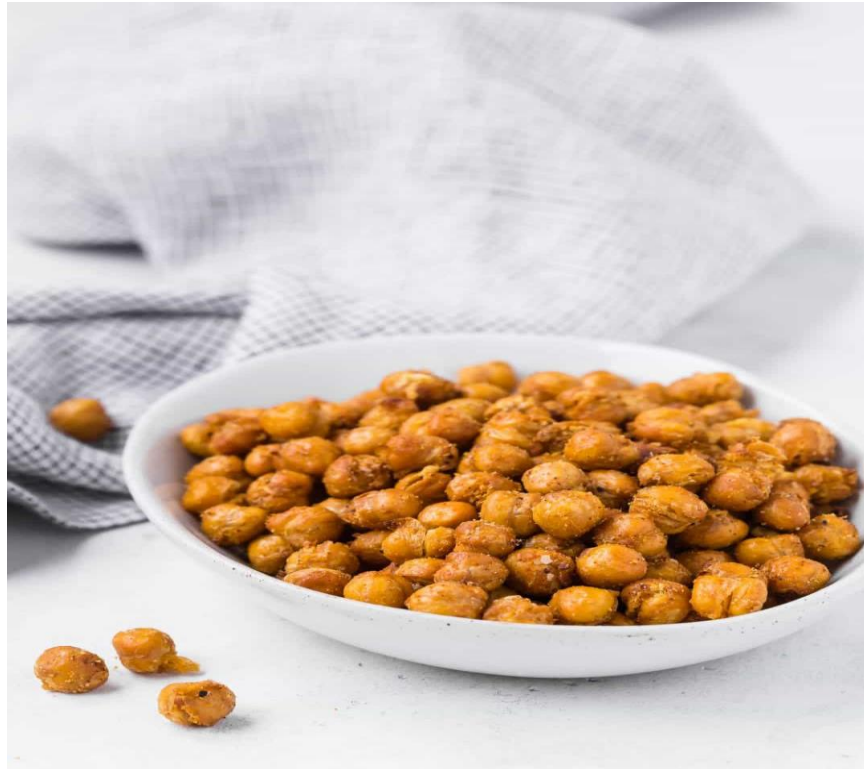




Crispy Air Fryer Chickpeas

19 oz can of chickpeas (drained and rinsed)

- 1 tablespoon olive oil
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon onion powder
- $\frac{1}{2}$ teaspoon paprika
- $\frac{1}{4}$ teaspoon cayenne (optional)

Instructions

1. Heat air fryer to 390°F / 200°C.
2. Drain and rinse chickpeas (no need to dry). Toss with olive oil and spices.
3. Dump the whole batch of chickpeas in the air fryer basket.
4. Cook for 12-15 minutes, shaking a couple of times.
5. When chickpeas are cooked to your liking, remove from air fryer, taste and add more salt and pepper to taste.
6. Store in an open container.

Nutrition Information

Serving: 1/4 batch, Calories: 251kcal, Carbohydrates: 36g, Protein: 11g, Fat: 6g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 9mg, Potassium: 391mg, Fiber: 10g, Sugar: 6g, Vitamin A: 35IU, Vitamin C: 1.7mg, Calcium: 66mg, Iron: 3.9mg

