



## Crispy Air Fryer Chickpeas

### Description

Crispy air fryer chickpeas are the tastiest and crunchiest snack you will find. Using the air fryer cuts the cook time down to 15 minutes. Vegan and gluten-free, these crispy roasted chickpeas are an awesome healthier snack.

### Duration:

**Prep Time:** 5 mins

**Cook Time:** 15 mins

**Total Time:** 20 mins

**Servings:** 4

**Calories:** 251kcal

### Ingredients

- 19 oz can of chickpeas (drained and rinsed)
- 1 tablespoon olive oil
- 1/8 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne (optional)

### Instructions

- Heat air fryer to 390°F / 200°C.
- Drain and rinse chickpeas (no need to dry). Toss with olive oil and spices.
- Dump the whole batch of chickpeas in the air fryer basket. Cook for 12-15 minutes, shaking a

couple of times.

- When chickpeas are cooked to your liking, remove from air fryer, taste and add more salt and pepper to taste.
- Store in an open container.

Nutrition

**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

Category

1. Air Fryer Recipes

Date

15/05/2024

default watermark