



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

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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

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