

Roasted

CHICKPEAS

Nutrition Facts

Serving Size 0.3 × full recipe

Amount Per Serving

Calories 357.9

		% Daily Value*
Total Fat	12.6 g	16 %
Saturated Fat	1.4 g	7 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	746.1 mg	32 %
Total Carbohydrate	48.5 g	18 %
Dietary Fiber	13.7 g	49 %
Total Sugars	8.5 g	
Added Sugars	- g	- %
Protein	15.1 g	
Vitamin D	0 mcg	0 %
Calcium	96.6 mg	7 %
Iron	2.2 mg	12 %
Potassium	241.5 mg	5 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com

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