

# Salt and Vinegar Chickpeas



COURSE  
Snacks



SERVINGS  
7 servings

CALORIES  
153 kcal

## INGREDIENTS

- 2-15 oz cans of chickpeas drained and rinsed
- 2 c vinegar of your choice
- 1 Tbsp olive oil
- 2 tsp salt

## INSTRUCTIONS

1. Bring chickpeas and vinegar to a boil on the stove. Once boiling, turn off the heat and let stand for 30 min (or more, depending on how strong you want them).
2. Drain chickpeas. Drizzle on the oil and toss to coat in the sauce.
3. If using an airfryer, put them on your tray (you may need to do two batches) and cook for at 390°F for 15 minutes, shaking once halfway through.
4. If using an oven, cook on a foil-lined baking sheet (not overcrowded) at 400°F for 25 minutes, shaking twice.

## NUTRITION

# Nutrition Facts

Salt and Vinegar Chickpeas

Amount Per Serving (1 serving)

Calories 153      Calories from Fat 45

% Daily Value\*

Fat 5g      8%

Carbohydrates 20g      7%

Protein 7g      14%

\* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!