

AIR FRIED CRISPY CHICKPEAS



These air fried crispy chickpeas make a perfect low calorie snack when you're craving something savoury in between meal times, they're packed with protein too!

We've used paprika and garlic but feel free to mix up your spices for different flavour combinations.



Skills Check:

Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons.

Equipment: Measuring spoons, large bowl.

Allergens*: None

Ingredients (serves 8):

- 400g tin chickpeas, drained
- 1/2 tsp olive oil
- 1/2 tsp paprika
- 1/2 tsp garlic granules
- Pinch of salt

Method

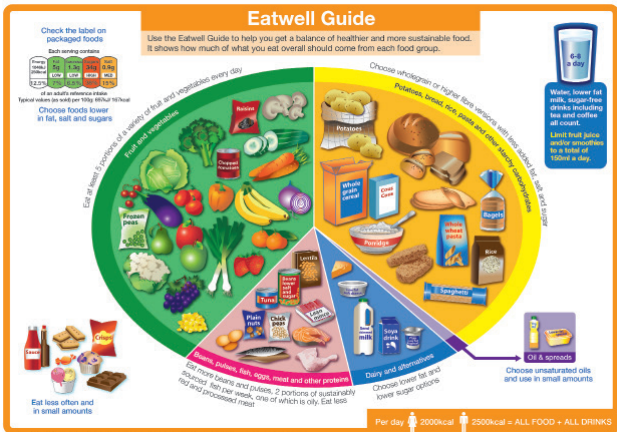
1. Combine all the ingredients in a bowl and mix together until the chickpeas are coated.
2. Spread out into an even layer in the air fryer and air fry for 10 minutes at 190°C.

* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use



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Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per 30g serving

ENERGY	176kJ / 42kcal	2%
FAT	1.2g	2%
SATURATES	0.1g	1%
SUGARS	0g	0%
SALT	0.09g	2%

% of an adult's reference intake
Typical values per 100g : Energy 574kJ / 137kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

So, thinking about Air Fried Chickpeas...

Chickpeas are legumes and like other legumes (beans, peas and lentils) they are packed with protein and fibre. They are also low in calories and fat and contain a number of minerals which are thought to be hugely beneficial to our health.



Herbs and spices are healthy seasonings we can add to food for flavour. Many herbs and spices are good sources of antioxidants; compounds which have been found to be extremely beneficial to our long-term health.

