

John Stalker Institute

000061 - Roasted Chickpeas

Recipe HACCP Process: #2 Same Day Service

Source:
Number of Portions: 50
Size of Portion: 1/4 cup

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0.25 Cup
Milk: 0 Cup

902367 BEANS, GARBANZO (CHICKPEAS), CANNED, WITH SAL... 13 CUP	13 CUP	1. Preheat oven to the following temperatures: Convection oven: 375°F Conventional oven: 400°F 2. Rinse and drain the cooked canned chickpeas, and dry slightly by spreading on a parchment-lined sheet pan.
004053 OIL, OLIVE, SALAD OR COOKING..... 002028 PAPRIKA..... 799902 CUMIN, GROUND..... 002031 PEPPER, RED OR CAYENNE..... 002047 SALT, TABLE.....	1/2 CUP 1 TBSP 1 TBSP 1/2 TSP 1 TSP	3. Combine the oil, paprika, cumin, cayenne, and salt in a large bowl. Add chickpeas and toss to coat evenly. Transfer the chickpeas to a parchment-lined sheet pan and spread them out into a single layer. 4. Bake until golden and crispy, which should take 15-20 minutes in a convection oven, and 25-30 minutes in a conventional oven. Shake the sheet pan occasionally during baking to promote even cooking. Transfer the chickpeas to a serving vessel. CCP: Heat to 140° F or higher CCP: Hold at 140° F or higher for service.
		5. Can be cooled quickly to be served on a salad bar. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours CCP: Hold for cold service at 41° F or lower.

*Nutrients are based upon 1 Portion Size (1/4 cup)

Calories	94 kcal	Cholesterol	0.00 mg	Protein	3.13 g	Calcium	21.33 mg	27.85%	Calories from Total Fat
Total Fat	2.92 g	Sodium	234.19 mg	Vitamin A	12.27 RE	Iron	0.97 mg	3.61%	Calories from Sat Fat
Saturated Fat	0.38 g	Carbohydrate	14.26 g	Vitamin A	92.00 IU	Water ¹	*0.03* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.82 g	Vitamin C	2.41 mg	Ash ¹	*0.14* g	60.42%	Calories from Carbohydrates
								13.28%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.