

Recipe Analyzer Results

A single serving of this recipe has 646 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 1

Amount per serving

Calories 646

% Daily Value*

Total Fat 18.6g 24%

Saturated Fat 1.1g 5%

Cholesterol 0mg 0%

Sodium 951mg 41%

Total Carbohydrate 95.5g 35%

Dietary Fiber 0.2g 1%

Total Sugars 25.9g

Protein 26g

Vitamin D 0mcg 0%

Calcium 18mg 1%

Iron 27mg 147%

Ingredients:

- 1 can (540 mL/19 fl oz) no salt added chickpeas, drained and rinsed
- 15 ml (1 tbsp) canola oil
- 2 ml (1/2 tsp) dried thyme
- 2 ml (1/2 tsp) fresh ground pepper

Potassium 7mg

0%

Nutrition Facts

Servings: 1

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

Recipe analyzed by **verywell**