



3-Minute Chickpea Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



3 min.

SERVINGS



3

CALORIES



311 kcal

SIDE DISH

Ingredients

- 1 teaspoon cajun spice to taste (adjust)
- 15 ounce chickpeas drained and rinsed cooked canned (or)
- 2 tablespoons pickle relish sweet
- 2 tablespoons mayonnaise

Equipment

Directions

Add remaining ingredients. Stir well and serve as sandwich filling, atop salads, or wrapped in rice paper.

Nutrition Facts



PROTEIN 16.01% **FAT 30.4%** **CARBS 53.59%**

Properties

Glycemic Index:30.25, Glycemic Load:7.28, Inflammation Score:-7, Nutrition Score:17.28565209035%

Nutrients (% of daily need)

Calories: 310.81kcal (15.54%), Fat: 10.79g (16.59%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 42.79g (14.26%), Net Carbohydrates: 31.67g (11.52%), Sugar: 9.84g (10.93%), Cholesterol: 3.92mg (1.31%), Sodium: 150.74mg (6.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.78g (25.56%), Manganese: 1.47mg (73.64%), Folate: 244.7µg (61.17%), Fiber: 11.12g (44.46%), Vitamin K: 29.8µg (28.38%), Copper: 0.51mg (25.7%), Phosphorus: 243.59mg (24.36%), Iron: 4.34mg (24.13%), Magnesium: 69.82mg (17.45%), Zinc: 2.23mg (14.84%), Potassium: 432.05mg (12.34%), Vitamin B1: 0.17mg (11.17%), Vitamin B6: 0.21mg (10.68%), Vitamin A: 494.5IU (9.89%), Selenium: 5.5µg (7.86%), Calcium: 72.03mg (7.2%), Vitamin E: 1.05mg (7.03%), Vitamin B2: 0.1mg (6.03%), Vitamin B5: 0.44mg (4.39%), Vitamin B3: 0.84mg (4.18%), Vitamin C: 1.95mg (2.36%)