



Bean, chickpea & feta salad



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



447 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g green beans trimmed halved
- ☐ 3 tbsp olive oil
- ☐ 800 g chickpeas rinsed drained canned
- ☐ 1 garlic clove roughly chopped
- ☐ 7 sundried tomatoes drained in oil
- ☐ 2 roasted peppers from a jar whole red
- ☐ 1 tbsp sherry vinegar
- ☐ 200 g pack feta cheese

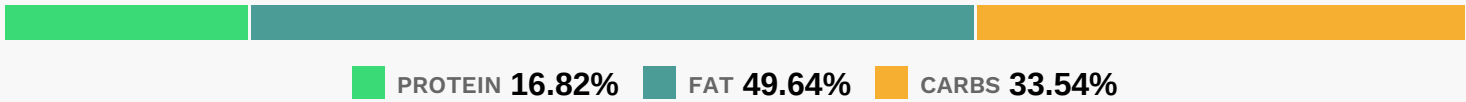
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Spread the beans onto a baking tray, season and drizzle over 1 tbsp oil. Roast for 10 mins until lightly charred. Tip into a bowl with the chickpeas.
- ☐ In a food processor, make a dressing by whizzing together the garlic, sundried tomatoes, peppers, vinegar and the remaining oil. Season, stir into the beans with the feta and serve.

Nutrition Facts



Properties

Glycemic Index:43.33, Glycemic Load:10.35, Inflammation Score:-8, Nutrition Score:28.149999955426%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 446.51kcal (22.33%), Fat: 25.53g (39.28%), Saturated Fat: 8.58g (53.63%), Carbohydrates: 38.82g (12.94%), Net Carbohydrates: 26.65g (9.69%), Sugar: 4.58g (5.09%), Cholesterol: 44.5mg (14.83%), Sodium: 1389.65mg (60.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.46g (38.92%), Manganese: 1.97mg (98.72%), Vitamin B6: 1.35mg (67.64%), Vitamin K: 51.74µg (49.28%), Fiber: 12.17g (48.67%), Phosphorus: 384.11mg (38.41%), Calcium: 366.62mg (36.66%), Vitamin B2: 0.58mg (34.09%), Vitamin C: 22.63mg (27.43%), Folate: 104.36µg (26.09%), Magnesium: 97.66mg (24.42%), Iron: 4.37mg (24.27%), Copper: 0.47mg (23.37%), Vitamin A: 1057.86IU (21.16%), Zinc: 3.17mg (21.15%), Potassium: 681.63mg (19.48%), Selenium: 12.45µg (17.79%), Vitamin B1: 0.25mg (16.51%), Vitamin B12: 0.85µg (14.08%), Vitamin B5: 1.39mg (13.91%), Vitamin E: 2.01mg (13.42%), Vitamin B3:

1.91mg (9.57%), Vitamin D: 0.2µg (1.33%)