



WHATSheATE



HEALTH SCORE

75%

Bruschette with Chickpea Purée and Arugula



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



300 min.

SERVINGS



6

CALORIES



1987 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings arugula salad chopped
- ☐ 6 loaf of bread from 1 round country (3/4-inch-thick) (7- to 8-inch)
- ☐ 19 ounce chickpeas rinsed drained canned (2 cups)
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water

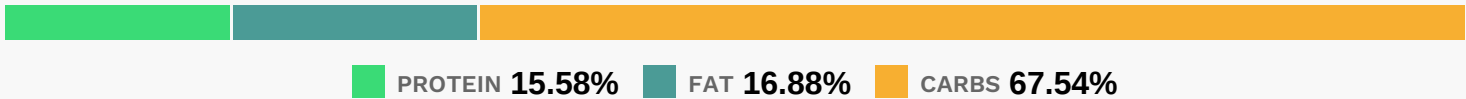
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Put oven rack in middle position and preheat oven to 425°F.
- ☐ Arrange bread slices in 1 layer on a large baking sheet and brush top of each with 1 teaspoon oil.
- ☐ Bake until golden, about 12 minutes.
- ☐ Slip off skins from chickpeas with your fingers (discard skins). Blend chickpeas, water, oil, lemon juice, and salt in a food processor until very smooth (mixture will appear whipped).
- ☐ Spread toasts with chickpea purée and serve topped with arugula salad.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:176.89, Inflammation Score:-10, Nutrition Score:60.480434542117%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 1986.78kcal (99.34%), Fat: 37.3g (57.38%), Saturated Fat: 5.58g (34.86%), Carbohydrates: 335.73g (111.91%), Net Carbohydrates: 304.41g (110.7%), Sugar: 39.26g (43.63%), Cholesterol: 0mg (0%), Sodium: 3663.25mg (159.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 77.45g (154.9%), Manganese: 8.87mg (443.65%), Selenium: 197.67µg (282.39%), Vitamin B3: 38.16mg (190.81%), Vitamin B1: 2.83mg (188.59%), Folate: 610.89µg (152.72%), Iron: 25.76mg (143.12%), Fiber: 31.32g (125.29%), Vitamin B2: 1.74mg (102.13%), Phosphorus: 954.52mg (95.45%), Calcium: 898.21mg (89.82%), Magnesium: 308.1mg (77.03%), Vitamin B6: 1.19mg (59.42%), Vitamin B5: 5.89mg (58.93%), Copper: 1.15mg (57.71%), Zinc: 7.74mg (51.61%), Vitamin K: 47.03µg (44.79%),

Potassium: 1128.92mg (32.25%), Vitamin E: 2.01mg (13.42%), Vitamin C: 4.4mg (5.33%), Vitamin A: 264.59IU (5.29%)