



Chicken and Chickpea Fattoush

 Dairy Free

READY IN



16 min.

SERVINGS



5

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 16 ounce chickpeas rinsed drained canned garbanzo beans
- ☐ 1 cup cherry tomatoes halved
- ☐ 1.5 cups rotisserie chicken breast shredded
- ☐ 2 teaspoons dijon mustard
- ☐ 1 cup cucumber english chopped
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped

- ☐ 2 garlic cloves crushed
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 2 6-inch multigrain pitas
- ☐ 0.3 cup onion red chopped
- ☐ 6 cups romaine lettuce chopped
- ☐ 0.5 teaspoon salt

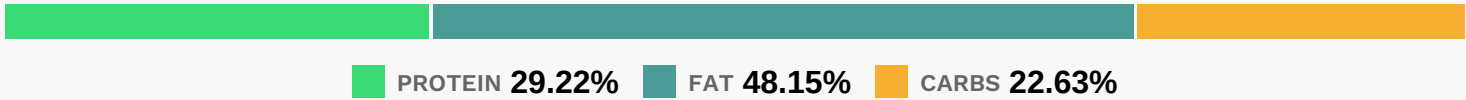
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a large bowl, stirring with a whisk.
- ☐ Add romaine lettuce and remaining ingredients; toss gently.

Nutrition Facts



Properties

Glycemic Index:58.07, Glycemic Load:3.87, Inflammation Score:-10, Nutrition Score:20.510869534119%

Flavonoids

Eriodictyol: 1.89mg, Eriodictyol: 1.89mg, Eriodictyol: 1.89mg, Eriodictyol: 1.89mg Hesperetin: 3.76mg, Hesperetin: 3.76mg, Hesperetin: 3.76mg, Hesperetin: 3.76mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 6.6mg, Apigenin: 6.6mg, Apigenin: 6.6mg, Apigenin: 6.6mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 339.81kcal (16.99%), Fat: 18.79g (28.91%), Saturated Fat: 3.28g (20.51%), Carbohydrates: 19.87g (6.62%), Net Carbohydrates: 13.72g (4.99%), Sugar: 2.79g (3.1%), Cholesterol: 68.14mg (22.71%), Sodium: 766.78mg (33.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.66g (51.32%), Vitamin K: 118.17µg (112.54%), Vitamin A: 5446.16IU (108.92%), Manganese: 0.98mg (48.91%), Vitamin C: 24.85mg (30.12%), Folate: 118.54µg (29.64%), Vitamin B6: 0.55mg (27.31%), Fiber: 6.15g (24.59%), Iron: 2.4mg (13.33%), Potassium: 442.82mg (12.65%), Vitamin E: 1.87mg (12.48%), Phosphorus: 115.19mg (11.52%), Magnesium: 45.05mg (11.26%), Copper: 0.22mg (11.21%), Calcium: 74.79mg (7.48%), Vitamin B1: 0.11mg (7.16%), Zinc: 0.95mg (6.37%), Vitamin B5: 0.52mg (5.23%), Vitamin B2: 0.08mg (4.88%), Selenium: 3.18µg (4.54%), Vitamin B3: 0.61mg (3.07%)