



Chickpea and Chilli Salad

 Vegetarian  Vegan  Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



420 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

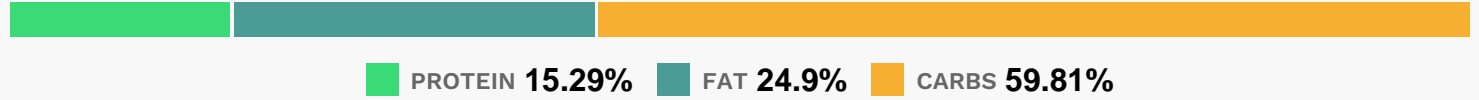
Ingredients

- 800 g garbanzo beans drained and rinsed canned
- 4 tablespoons coriander leaves roughly chopped
- 1 garlic clove crushed
- 2 tablespoons juice of lemon
- 2 tablespoons olive oil
- 4 servings wholewheat pita breads cut into thin fingers
- 1 to 5 chillies red deseeded thinly sliced
- 4 servings salt and pepper to taste

- 4 spring onion thinly sliced
- 2 medium tomatoes roughly chopped

Equipment

Nutrition Facts



Properties

Glycemic Index:70.58, Glycemic Load:37.64, Inflammation Score:-8, Nutrition Score:24.567391304348%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 419.64kcal (20.98%), Fat: 11.88g (18.28%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 64.24g (21.41%), Net Carbohydrates: 52.75g (19.18%), Sugar: 2.84g (3.15%), Cholesterol: 0mg (0%), Sodium: 1060.52mg (46.11%), Protein: 16.42g (32.84%), Manganese: 2.16mg (107.84%), Vitamin K: 62.69µg (59.71%), Vitamin B6: 1.1mg (55.17%), Vitamin C: 41.52mg (50.33%), Fiber: 11.5g (45.99%), Iron: 4.61mg (25.62%), Copper: 0.5mg (25.01%), Phosphorus: 249.73mg (24.97%), Magnesium: 94.84mg (23.71%), Folate: 89.94µg (22.48%), Potassium: 670.46mg (19.16%), Vitamin B1: 0.28mg (18.62%), Vitamin A: 886.55IU (17.73%), Calcium: 161.44mg (16.14%), Zinc: 2.14mg (14.26%), Vitamin B3: 2.25mg (11.27%), Vitamin E: 1.52mg (10.11%), Vitamin B5: 0.92mg (9.21%), Vitamin B2: 0.15mg (8.66%), Selenium: 4.83µg (6.9%)