



Chickpea and Fresh Tomato Toss

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



193 kcal

SIDE DISH

Ingredients

- 19 ounce garbanzo beans canned
- 0.5 teaspoon chili powder
- 3 spring onion whole thinly sliced
- 1 teaspoon ground cumin
- 1 tablespoon juice of lemon
- 0.3 teaspoon salt
- 1 large tomatoes chopped
- 2 tablespoons vegetable oil

Equipment

Directions

Rinse and drain chickpeas.

Place them in a bowl.

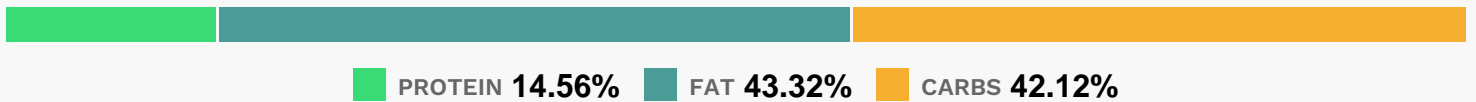
Add the tomatoes and onions.

Whisk remaining ingredients together.

Toss with chickpea mixture until coated.

Serve right away or refrigerate for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:5.55, Inflammation Score:-6, Nutrition Score:12.467391304348%

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: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 193.09kcal (9.65%), Fat: 9.69g (14.91%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 21.2g (7.07%), Net Carbohydrates: 14.34g (5.22%), Sugar: 1.53g (1.7%), Cholesterol: 0mg (0%), Sodium: 528.39mg (22.97%), Protein: 7.33g (14.65%), Manganese: 1.19mg (59.48%), Vitamin B6: 0.69mg (34.4%), Vitamin K: 35.02µg (33.35%), Fiber: 6.86g (27.42%), Iron: 2.29mg (12.74%), Phosphorus: 125.52mg (12.55%), Copper: 0.25mg (12.39%), Folate: 47.12µg (11.78%), Vitamin C: 9.55mg (11.58%), Magnesium: 45.59mg (11.4%), Vitamin A: 569.64IU (11.39%), Potassium: 344.29mg (9.84%), Zinc: 1.08mg (7.19%), Vitamin E: 0.97mg (6.46%), Calcium: 63.96mg (6.4%), Vitamin B1: 0.07mg (4.64%), Vitamin B5: 0.46mg (4.57%), Selenium: 2.83µg (4.04%), Vitamin B3: 0.55mg (2.74%), Vitamin B2: 0.04mg (2.39%)