



Chickpea and Hearts of Palm Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup chickpeas canned drained garbanzo beans
- ☐ 1 tablespoon parsley fresh minced
- ☐ 14 ounce hearts of palm drained canned
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup plum tomatoes chopped
- ☐ 1.5 ounces provolone cheese diced
- ☐ 0.3 cup onion red finely chopped
- ☐ 2 tablespoons red wine vinegar

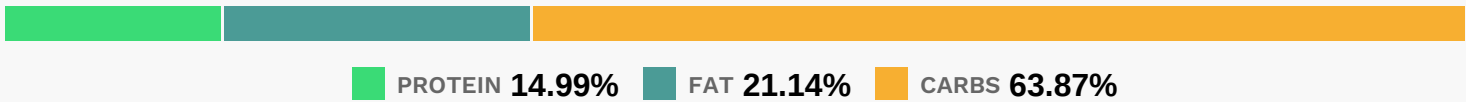
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine the first 5 ingredients in a medium bowl.
- ☐ Combine parsley, vinegar, and oil, stirring with a whisk.
- ☐ Drizzle over salad; toss well to combine.

Nutrition Facts



Properties

Glycemic Index:41.08, Glycemic Load:2.08, Inflammation Score:-5, Nutrition Score:15.707826079234%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 207.45kcal (10.37%), Fat: 4.9g (7.54%), Saturated Fat: 2.1g (13.12%), Carbohydrates: 33.34g (11.11%), Net Carbohydrates: 29.49g (10.72%), Sugar: 18.3g (20.33%), Cholesterol: 7.34mg (2.45%), Sodium: 208.22mg (9.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.82g (15.64%), Potassium: 1958.85mg (55.97%), Vitamin B6: 1.04mg (52.1%), Copper: 0.73mg (36.4%), Zinc: 4.41mg (29.38%), Phosphorus: 235.62mg (23.56%), Manganese: 0.39mg (19.41%), Vitamin K: 19.61µg (18.68%), Vitamin C: 14.14mg (17.14%), Fiber: 3.85g (15.4%), Iron: 2.44mg (13.55%), Vitamin B2: 0.23mg (13.42%), Calcium: 119.68mg (11.97%), Folate: 42.98µg (10.75%), Vitamin A: 497.96IU (9.96%), Magnesium: 29.02mg (7.26%), Vitamin B3: 1.16mg (5.82%), Vitamin E: 0.83mg (5.56%), Vitamin B1: 0.08mg (5.41%), Selenium: 3.11µg (4.44%), Vitamin B12: 0.16µg (2.59%), Vitamin B5: 0.22mg (2.16%)