



Chickpea and Roasted-Corn Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



195 kcal

SIDE DISH

Ingredients



0.1 teaspoon pepper black freshly ground



15 ounce chickpeas drained and rinsed canned



2 roasted corn cobs



0.5 teaspoon kosher salt



2 tablespoons olive oil



2 teaspoons red wine vinegar

Equipment



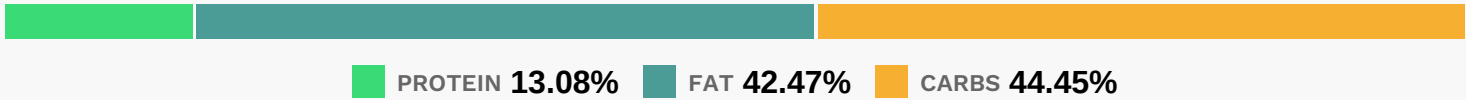
bowl

serrated knife

Directions

Using a serrated knife, cut the kernels off the 2 roasted corn cobs. In a bowl, combine the kernels with the can of chickpeas (drained and rinsed) olive oil, red wine vinegar, kosher salt, and freshly ground black pepper. Toss well.

Nutrition Facts



Properties

Glycemic Index:18.08, Glycemic Load:3.91, Inflammation Score:-4, Nutrition Score:9.1213043461675%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 194.77kcal (9.74%), Fat: 9.68g (14.9%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 17.21g (6.26%), Sugar: 2.82g (3.13%), Cholesterol: 0mg (0%), Sodium: 593.33mg (25.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.42%), Manganese: 0.95mg (47.64%), Vitamin B6: 0.54mg (27.24%), Fiber: 5.59g (22.37%), Phosphorus: 125.4mg (12.54%), Magnesium: 45.57mg (11.39%), Folate: 45.49µg (11.37%), Copper: 0.19mg (9.41%), Iron: 1.6mg (8.89%), Potassium: 276.52mg (7.9%), Vitamin E: 1.04mg (6.93%), Vitamin B1: 0.1mg (6.92%), Vitamin B5: 0.64mg (6.41%), Zinc: 0.94mg (6.29%), Vitamin B3: 0.94mg (4.68%), Vitamin K: 4.45µg (4.24%), Calcium: 38.79mg (3.88%), Vitamin C: 3.18mg (3.85%), Selenium: 2.4µg (3.43%), Vitamin B2: 0.04mg (2.4%), Vitamin A: 100.44IU (2.01%)