



Chickpea and Spinach Salad with Cumin Dressing and Yogurt Sauce



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



175 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups baby spinach leaves
- ☐ 30 ounce chickpeas drained and rinsed canned
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 2 tablespoons mint leaves fresh coarsely chopped
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 teaspoon honey

- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 teaspoon lemon zest
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons orange juice
- ☐ 0.3 teaspoon orange zest
- ☐ 0.3 cup lowfat yogurt plain
- ☐ 0.5 cup onion red chopped
- ☐ 8 servings salt and pepper
- ☐ 8 servings yogurt with orange essence, recipe below, optional

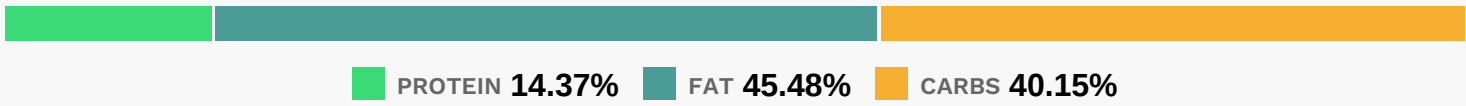
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a medium bowl combine the chickpeas, parsley and onion. In a small bowl whisk together the olive oil, lemon juice, zest, cumin, cayenne pepper, salt and pepper.
- ☐ Pour the dressing over the chickpea mixture and toss to combine.
- ☐ Serve the chickpea salad over a bed of spinach leaves. Top with the yogurt sauce and a sprinkle of mint, if using.
- ☐ In a small bowl, stir together the yogurt, orange zest, orange juice and honey.

Nutrition Facts



Properties

Glycemic Index:34.08, Glycemic Load:4.61, Inflammation Score:-8, Nutrition Score:15.897391368514%

Flavonoids

Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg,

Naringenin: 0.17mg Apigenin: 4.11mg, Apigenin: 4.11mg, Apigenin: 4.11mg, Apigenin: 4.11mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 174.76kcal (8.74%), Fat: 9.19g (14.14%), Saturated Fat: 1.28g (8%), Carbohydrates: 18.25g (6.08%), Net Carbohydrates: 12.82g (4.66%), Sugar: 2.1g (2.33%), Cholesterol: 0.61mg (0.2%), Sodium: 511.07mg (22.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Vitamin K: 107.37µg (102.26%), Manganese: 1.05mg (52.52%), Vitamin A: 1665.88IU (33.32%), Vitamin B6: 0.56mg (27.98%), Fiber: 5.43g (21.73%), Folate: 65.49µg (16.37%), Vitamin C: 12.64mg (15.32%), Iron: 2.23mg (12.39%), Magnesium: 47.5mg (11.87%), Phosphorus: 115.18mg (11.52%), Copper: 0.2mg (10.05%), Potassium: 315.07mg (9%), Vitamin E: 1.33mg (8.85%), Calcium: 83.49mg (8.35%), Zinc: 0.98mg (6.54%), Vitamin B2: 0.08mg (4.59%), Vitamin B1: 0.07mg (4.35%), Vitamin B5: 0.43mg (4.28%), Selenium: 2.7µg (3.86%), Vitamin B3: 0.36mg (1.8%)