



Chickpea and Tomato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



250 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 30 ounce garbanzo beans drained and rinsed canned (chickpeas)
- ☐ 2 lbs tomatoes cored chopped
- ☐ 4 large hardboiled eggs peeled chopped
- ☐ 1 cup onion sweet chopped
- ☐ 2 Tbsp parsley fresh chopped
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 4 Tbsp sherry vinegar
- ☐ 1 Tbsp garlic minced

- ☐ 1 teaspoon dijon mustard
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon penzey's southwest seasoning fresh dry italian chopped

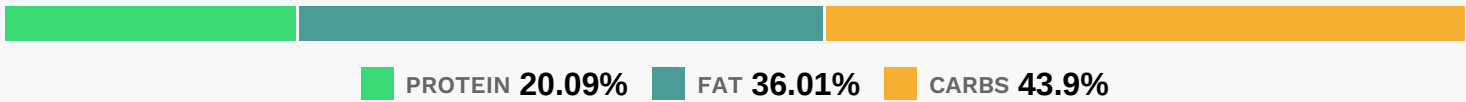
Equipment

- ☐ bowl

Directions

- ☐ Combine the garbanzo beans, tomatoes, and onions in a large bowl.
- ☐ Put the dressing ingredients into a small jar, close the lid and shake until the dressing is emulsified.
- ☐ Pour over beans, tomatoes and onions.
- ☐ You can chill the undressed salad up to six hours, until ready to serve.
- ☐ When ready to serve, gently stir in the chopped eggs and parsley.

Nutrition Facts



Properties

Glycemic Index:34.89, Glycemic Load:6.9, Inflammation Score:-8, Nutrition Score:19.87173926312%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 2.75mg, Apigenin: 2.75mg, Apigenin: 2.75mg, Apigenin: 2.75mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 249.68kcal (12.48%), Fat: 10.28g (15.82%), Saturated Fat: 1.93g (12.04%), Carbohydrates: 28.2g (9.4%), Net Carbohydrates: 19.69g (7.16%), Sugar: 5.73g (6.37%), Cholesterol: 124.33mg (41.44%), Sodium: 843.71mg (36.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.91g (25.81%), Manganese: 1.42mg (71.19%), Vitamin B6:

0.89mg (44.34%), Vitamin K: 36.41µg (34.68%), Fiber: 8.51g (34.04%), Vitamin A: 1565.5IU (31.31%), Vitamin C: 24.29mg (29.45%), Phosphorus: 219.2mg (21.92%), Folate: 81.36µg (20.34%), Selenium: 13.73µg (19.61%), Potassium: 658.11mg (18.8%), Copper: 0.34mg (16.82%), Iron: 2.88mg (15.99%), Magnesium: 63.15mg (15.79%), Vitamin B2: 0.23mg (13.57%), Vitamin E: 1.73mg (11.53%), Zinc: 1.66mg (11.1%), Vitamin B5: 1.07mg (10.7%), Calcium: 95.69mg (9.57%), Vitamin B1: 0.14mg (9.34%), Vitamin B12: 0.37µg (6.17%), Vitamin B3: 1.18mg (5.9%), Vitamin D: 0.73µg (4.89%)