



## Chickpea, Cherry Tomato, and Feta Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



1

CALORIES



260 kcal

SIDE DISH

ANTIPASTI

STARTER

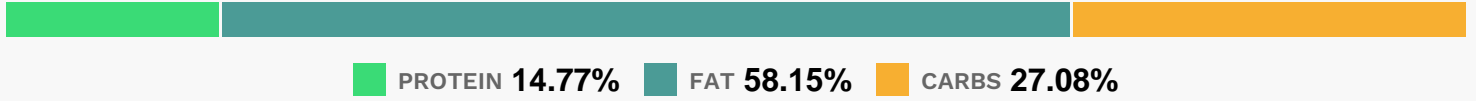
SNACK

### Ingredients

- 0.5 cup cherry tomatoes quartered
- 0.3 cup chickpeas canned
- 0.3 cup feta cheese crumbled
- 1 tablespoon juice of lemon fresh
- 2 teaspoons olive oil
- 1 teaspoon oregano dried
- 1 pinch pepper
- 0.1 teaspoon salt

# Equipment

## Nutrition Facts



### Properties

Glycemic Index:89.75, Glycemic Load:2.52, Inflammation Score:-9, Nutrition Score:14.593043478261%

### Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

### Nutrients (% of daily need)

Calories: 259.6kcal (12.98%), Fat: 17.33g (26.66%), Saturated Fat: 6.25g (39.07%), Carbohydrates: 18.16g (6.05%), Net Carbohydrates: 13.6g (4.95%), Sugar: 4.28g (4.76%), Cholesterol: 33.38mg (11.13%), Sodium: 730.08mg (31.74%), Protein: 9.91g (19.82%), Manganese: 0.63mg (31.31%), Vitamin C: 23.37mg (28.33%), Folate: 99.96µg (24.99%), Calcium: 246.7mg (24.67%), Phosphorus: 220.43mg (22.04%), Vitamin B2: 0.37mg (21.87%), Vitamin K: 21.81µg (20.78%), Fiber: 4.56g (18.23%), Iron: 2.74mg (15.22%), Vitamin B6: 0.3mg (15.15%), Vitamin E: 2.17mg (14.46%), Zinc: 1.87mg (12.5%), Copper: 0.23mg (11.44%), Vitamin A: 569.09IU (11.38%), Selenium: 7.63µg (10.89%), Vitamin B12: 0.63µg (10.56%), Magnesium: 39.99mg (10%), Potassium: 347.09mg (9.92%), Vitamin B1: 0.14mg (9.29%), Vitamin B5: 0.62mg (6.15%), Vitamin B3: 1.09mg (5.46%)