



Chickpea Coconut Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

135 min.

SERVINGS

servings

4

CALORIES

calories

141 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce garbanzo beans rinsed drained canned (chickpeas)
- ☐ 0.3 cup coconut or freshly grated
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 teaspoon salt

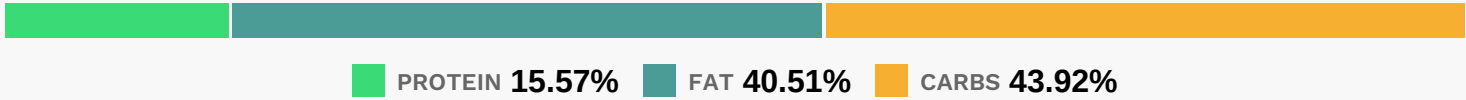
Equipment

- ☐ bowl

Directions

☐ Combine garbanzo beans, coconut, green chile peppers, and cilantro in a large bowl. Stir in lemon juice, and season with salt. Refrigerate for 2 hours before serving for best flavor.

Nutrition Facts



Properties

Glycemic Index:18.08, Glycemic Load:3.9, Inflammation Score:-3, Nutrition Score:8.1460870063823%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 141.16kcal (7.06%), Fat: 6.66g (10.24%), Saturated Fat: 4.27g (26.69%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 10.36g (3.77%), Sugar: 0.6g (0.66%), Cholesterol: 0mg (0%), Sodium: 589.49mg (25.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.51%), Manganese: 1.07mg (53.54%), Vitamin B6: 0.53mg (26.36%), Fiber: 5.88g (23.51%), Copper: 0.22mg (11.13%), Phosphorus: 100.48mg (10.05%), Magnesium: 35.58mg (8.9%), Iron: 1.57mg (8.73%), Folate: 28.54µg (7.14%), Zinc: 0.88mg (5.9%), Potassium: 201.13mg (5.75%), Selenium: 3.45µg (4.93%), Calcium: 40.27mg (4.03%), Vitamin K: 4.15µg (3.96%), Vitamin B5: 0.39mg (3.85%), Vitamin B1: 0.04mg (2.65%), Vitamin A: 106.07IU (2.12%), Vitamin C: 1.54mg (1.87%), Vitamin B2: 0.03mg (1.5%)