



Chickpea-Feta Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



157 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15.5 oz garbanzo beans drained and rinsed canned
- ☐ 0.5 cup feta cheese crumbled
- ☐ 1 cup herbs: rosemary fresh coarsely chopped (such as basil, oregano, and parsley)
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 2 bell pepper diced red
- ☐ 1 small shallots minced

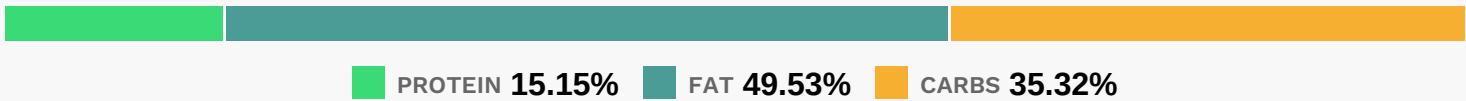
Equipment

☐ bowl

Directions

☐ Stir together chickpeas, red bell peppers, shallot, lemon juice, olive oil, and kosher salt in a large bowl. Fold fresh herbs into chickpea mixture. Top with crumbled feta cheese just before serving.

Nutrition Facts



Properties

Glycemic Index:26.89, Glycemic Load:3.58, Inflammation Score:-9, Nutrition Score:18.347391453774%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 156.84kcal (7.84%), Fat: 9g (13.84%), Saturated Fat: 2.5g (15.6%), Carbohydrates: 14.43g (4.81%), Net Carbohydrates: 9.9g (3.6%), Sugar: 2.2g (2.45%), Cholesterol: 11.13mg (3.71%), Sodium: 547.72mg (23.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.38%), Vitamin K: 169.01µg (160.96%), Vitamin C: 66.41mg (80.5%), Vitamin A: 2148.57IU (42.97%), Manganese: 0.68mg (33.81%), Vitamin B6: 0.54mg (27.03%), Fiber: 4.53g (18.13%), Folate: 58.17µg (14.54%), Phosphorus: 119.73mg (11.97%), Calcium: 105.84mg (10.58%), Iron: 1.85mg (10.3%), Vitamin B2: 0.16mg (9.51%), Vitamin E: 1.41mg (9.37%), Magnesium: 33.09mg (8.27%), Potassium: 271.46mg (7.76%), Zinc: 1.09mg (7.27%), Copper: 0.14mg (7.12%), Vitamin B5: 0.52mg (5.24%), Vitamin B1: 0.08mg (5.09%), Selenium: 3.44µg (4.92%), Vitamin B3: 0.75mg (3.76%), Vitamin B12: 0.21µg (3.52%)