



## Chickpea Panzanella with Capers



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



323 kcal

SIDE DISH

## Ingredients

- ☐ 2 cups lightly arugula packed
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 15 oz chickpeas drained canned (garbanzos)
- ☐ 2 tablespoons capers
- ☐ 0.8 pound day-old crusty whole-grain bread cut into 1-in. chunks
- ☐ 12 basil leaves fresh cut into thin strips
- ☐ 2 large heirloom tomatoes cut into 1-in. chunks
- ☐ 0.5 teaspoon kosher salt

- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.5 cup onion red thinly sliced
- ☐ 3 tablespoons red-wine vinegar

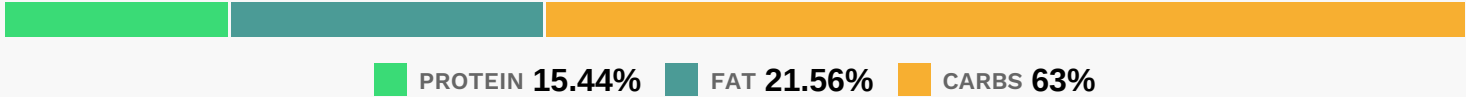
## Equipment

- ☐ bowl

## Directions

- ☐ In a large bowl, combine all ingredients, tossing well to coat evenly.

## Nutrition Facts



## Properties

Glycemic Index:63.97, Glycemic Load:31.52, Inflammation Score:-8, Nutrition Score:18.616086959839%

## Flavonoids

Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 7.16mg, Kaempferol: 7.16mg, Kaempferol: 7.16mg, Kaempferol: 7.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 9.83mg, Quercetin: 9.83mg, Quercetin: 9.83mg, Quercetin: 9.83mg

## Nutrients (% of daily need)

Calories: 323.27kcal (16.16%), Fat: 7.89g (12.13%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 51.87g (17.29%), Net Carbohydrates: 45.13g (16.41%), Sugar: 5.92g (6.58%), Cholesterol: 0mg (0%), Sodium: 974.55mg (42.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.71g (25.41%), Manganese: 1.25mg (62.54%), Vitamin B1: 0.55mg (36.63%), Folate: 128.13µg (32.03%), Selenium: 21.33µg (30.47%), Vitamin B6: 0.56mg (28.09%), Fiber: 6.73g (26.93%), Iron: 4.24mg (23.57%), Vitamin K: 23.04µg (21.94%), Vitamin B2: 0.33mg (19.66%), Vitamin B3: 3.9mg (19.5%), Vitamin A: 866.59IU (17.33%), Phosphorus: 167.96mg (16.8%), Copper: 0.31mg (15.54%), Vitamin C: 12.8mg (15.51%), Magnesium: 60.82mg (15.21%), Potassium: 440.52mg (12.59%), Zinc: 1.51mg (10.06%), Calcium: 94.39mg (9.44%), Vitamin E: 1.24mg (8.24%), Vitamin B5: 0.61mg (6.09%)