



Chickpea Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 30 ounce chickpeas rinsed drained canned
- ☐ 1 clove then grinded into a paste with salt minced grated
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 small bell pepper red finely chopped
- ☐ 1 small onion red finely chopped
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 2 tablespoons red wine vinegar
- ☐ 3 ribs celery and leafy tops chopped

- ☐ 2 tablespoons rosemary finely chopped
- ☐ 6 servings salt and pepper black freshly ground

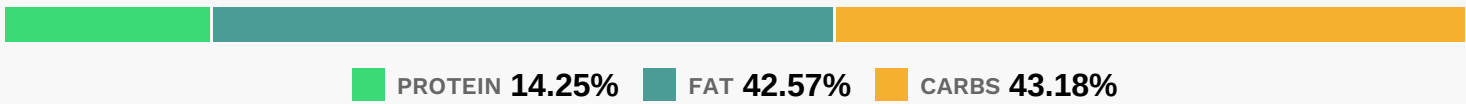
Equipment

- ☐ bowl

Directions

- ☐ Combine chick peas with onions, peppers, celery, garlic, red pepper flakes and rosemary in a medium bowl. Dress salad with vinegar and oil, salt and pepper.

Nutrition Facts



Properties

Glycemic Index:49.06, Glycemic Load:5.95, Inflammation Score:-7, Nutrition Score:12.558260824369%

Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 204.17kcal (10.21%), Fat: 9.99g (15.37%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 15.3g (5.56%), Sugar: 1.59g (1.76%), Cholesterol: 0mg (0%), Sodium: 421.13mg (18.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.05%), Manganese: 1.25mg (62.47%), Vitamin B6: 0.76mg (37.94%), Fiber: 7.5g (30.02%), Vitamin C: 18.34mg (22.23%), Folate: 53.94µg (13.48%), Phosphorus: 128.51mg (12.85%), Iron: 2.17mg (12.08%), Copper: 0.24mg (12.05%), Magnesium: 45.95mg (11.49%), Vitamin A: 568.55IU (11.37%), Vitamin K: 11.14µg (10.61%), Potassium: 322.22mg (9.21%), Vitamin E: 1.33mg (8.83%), Zinc: 1.1mg (7.34%), Calcium: 72.68mg (7.27%), Vitamin B5: 0.54mg (5.38%), Vitamin B1: 0.07mg (4.58%), Selenium: 3.1µg (4.43%), Vitamin B2: 0.05mg (3.12%), Vitamin B3: 0.42mg (2.09%)