

Chickpea Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



141 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 15 ounce chickpeas drained canned garbanzo beans
- ☐ 0.5 cucumber sliced
- ☐ 0.5 onion chopped
- ☐ 0.5 cup red wine vinegar
- ☐ 1 small tomatoes chopped

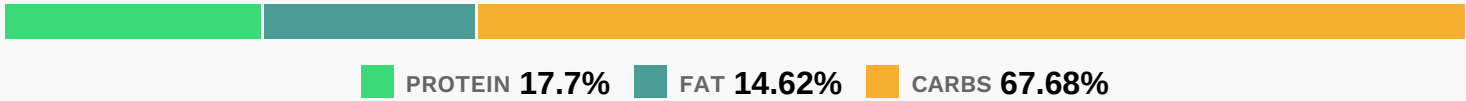
Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl combine chickpeas, onion, cucumber, tomato, red wine vinegar and balsamic vinegar.
- ☐ Mix well and serve.

Nutrition Facts



Properties

Glycemic Index:42.58, Glycemic Load:7.21, Inflammation Score:-4, Nutrition Score:8.8973914307097%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 141.37kcal (7.07%), Fat: 2.19g (3.37%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 22.83g (7.61%), Net Carbohydrates: 17.38g (6.32%), Sugar: 6.46g (7.18%), Cholesterol: 0mg (0%), Sodium: 307.7mg (13.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.94%), Manganese: 1mg (49.81%), Vitamin B6: 0.56mg (27.83%), Fiber: 5.45g (21.79%), Phosphorus: 110.82mg (11.08%), Copper: 0.22mg (10.97%), Magnesium: 42.1mg (10.53%), Iron: 1.84mg (10.25%), Folate: 37.85µg (9.46%), Potassium: 325.43mg (9.3%), Vitamin C: 5.59mg (6.78%), Zinc: 0.89mg (5.96%), Calcium: 58.29mg (5.83%), Vitamin A: 232.73IU (4.65%), Vitamin B5: 0.44mg (4.45%), Vitamin K: 4.55µg (4.34%), Vitamin B1: 0.06mg (4.03%), Selenium: 2.23µg (3.19%), Vitamin B2: 0.03mg (1.96%), Vitamin B3: 0.3mg (1.52%)