



Chickpea Salad

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



5 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

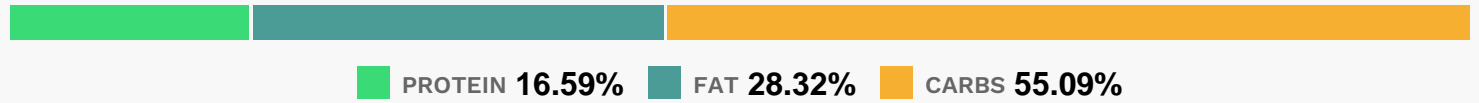
Ingredients

- 1 pinch ground pepper
- 2 cups chickpeas drained and rinsed
- 2 teaspoons cumin
- 1 tablespoon olive oil extra virgin
- 2 tablespoons parsley fresh chopped
- 2 garlic clove dried chopped
- 4 servings pepper fresh black
- 2 juice of lemon

0.5 onion red finely chopped

Equipment

Nutrition Facts



Properties

Glycemic Index:45.94, Glycemic Load:4.66, Inflammation Score:-6, Nutrition Score:12.457826086957%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 181.26kcal (9.06%), Fat: 5.93g (9.12%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 25.95g (8.65%), Net Carbohydrates: 19.2g (6.98%), Sugar: 4.95g (5.51%), Cholesterol: 0mg (0%), Sodium: 9.59mg (0.42%), Protein: 7.82g (15.63%), Manganese: 0.94mg (46.95%), Folate: 149.88µg (37.47%), Vitamin K: 38.51µg (36.67%), Fiber: 6.75g (26.98%), Iron: 3.26mg (18.08%), Copper: 0.31mg (15.7%), Phosphorus: 151.62mg (15.16%), Vitamin C: 11.11mg (13.47%), Magnesium: 46.88mg (11.72%), Zinc: 1.37mg (9.16%), Potassium: 310.99mg (8.89%), Vitamin B6: 0.16mg (8.15%), Vitamin B1: 0.12mg (7.75%), Calcium: 59.54mg (5.95%), Vitamin E: 0.87mg (5.83%), Selenium: 3.39µg (4.85%), Vitamin A: 215.58IU (4.31%), Vitamin B2: 0.06mg (3.82%), Vitamin B5: 0.29mg (2.89%), Vitamin B3: 0.55mg (2.73%)