



Chickpea Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



239 kcal

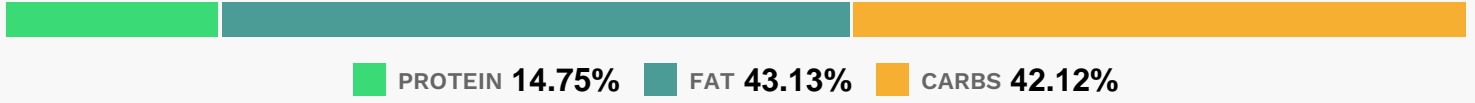
SIDE DISH

Ingredients

- 15.5 ounces chickpeas drained and rinsed
- 3 cups cucumber diced peeled seeded
- 0.3 cup feta crumbled reduced-fat
- 2 cups cherry tomatoes halved (or cherry tomatoes)
- 6 servings pepper fresh
- 0.5 cup ranch dressing
- 0.3 cup onion diced red

Equipment

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:4.03, Inflammation Score:-6, Nutrition Score:13.128260869565%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 239.34kcal (11.97%), Fat: 11.75g (18.08%), Saturated Fat: 2.06g (12.85%), Carbohydrates: 25.82g (8.61%), Net Carbohydrates: 19.3g (7.02%), Sugar: 7.11g (7.9%), Cholesterol: 8.55mg (2.85%), Sodium: 248.21mg (10.79%), Protein: 9.04g (18.08%), Manganese: 0.88mg (44.24%), Folate: 143.82µg (35.95%), Vitamin K: 36.1µg (34.38%), Fiber: 6.52g (26.07%), Phosphorus: 190.2mg (19.02%), Vitamin C: 14.9mg (18.06%), Copper: 0.35mg (17.5%), Iron: 2.68mg (14.91%), Potassium: 435.69mg (12.45%), Magnesium: 49.44mg (12.36%), Vitamin B6: 0.19mg (9.46%), Zinc: 1.35mg (9%), Vitamin B1: 0.13mg (8.64%), Vitamin E: 1mg (6.67%), Vitamin A: 318.8IU (6.38%), Vitamin B5: 0.6mg (6.02%), Calcium: 58.24mg (5.82%), Vitamin B2: 0.09mg (5.47%), Selenium: 3.76µg (5.38%), Vitamin B3: 0.69mg (3.47%)