



 **21%**  
HEALTH SCORE

## Chickpea Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



243 kcal

SIDE DISH

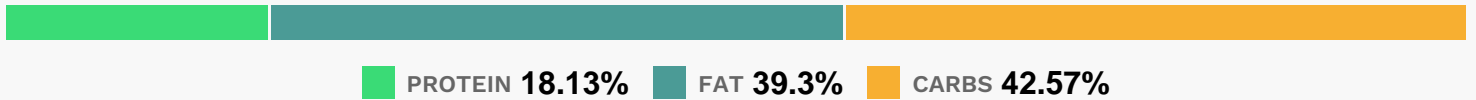
### Ingredients

- 6 ounce artichoke hearts drained coarsely chopped
- 45 ounce garbanzo beans canned
- 0.5 teaspoon basil dried
- 0.8 cup feta cheese crumbled
- 0.8 tsp dill dried fresh chopped
- 2 garlic clove pressed (i add four)
- 8 servings pepper black
- 8 servings hot sauce red to taste

- 0.5 cup kalamata olives pitted halved to taste
- 0.7 cup buttermilk
- 0.5 cup olive oil
- 0.5 teaspoon oregano dried
- 1 pinch salt and pepper
- 0.3 cup sun-dried olives packed in oil , chopped, more to taste
- 2 tablespoons citrus champagne vinegar

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:24.42, Glycemic Load:6.83, Inflammation Score:-5, Nutrition Score:14.154347826087%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 242.68kcal (12.13%), Fat: 10.91g (16.78%), Saturated Fat: 3.14g (19.62%), Carbohydrates: 26.59g (8.86%), Net Carbohydrates: 18.41g (6.69%), Sugar: 2.49g (2.77%), Cholesterol: 14.72mg (4.91%), Sodium: 846.7mg (36.81%), Protein: 11.32g (22.65%), Manganese: 1.42mg (70.79%), Vitamin B6: 0.85mg (42.43%), Fiber: 8.18g (32.7%), Phosphorus: 207.02mg (20.7%), Calcium: 163.44mg (16.34%), Copper: 0.32mg (15.95%), Iron: 2.62mg (14.53%), Magnesium: 57.04mg (14.26%), Folate: 48.49µg (12.12%), Vitamin B2: 0.2mg (11.6%), Potassium: 399.09mg (11.4%), Zinc: 1.68mg (11.17%), Selenium: 6.42µg (9.18%), Vitamin B5: 0.77mg (7.7%), Vitamin B1: 0.1mg (6.95%), Vitamin B12: 0.33µg (5.49%), Vitamin K: 5.56µg (5.3%), Vitamin E: 0.78mg (5.21%), Vitamin A: 188.32IU (3.77%), Vitamin B3: 0.71mg (3.57%), Vitamin C: 1.88mg (2.28%), Vitamin D: 0.32µg (2.11%)