



Chickpea Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



297 kcal

SIDE DISH

Ingredients

- 2 cups chickpeas rinsed drained
- 0.3 cup parsley fresh minced
- 1 juice of lemon
- 0.3 cup olive oil
- 1 teaspoon salt

Equipment

Nutrition Facts

PROTEIN 9.74% FAT 59.7% CARBS 30.56%

Properties

Glycemic Index:14.44, Glycemic Load:4.22, Inflammation Score:-6, Nutrition Score:13.697391304348%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 296.6kcal (14.83%), Fat: 20.17g (31.03%), Saturated Fat: 2.71g (16.95%), Carbohydrates: 23.24g (7.75%), Net Carbohydrates: 16.86g (6.13%), Sugar: 4.16g (4.62%), Cholesterol: 0mg (0%), Sodium: 589.65mg (25.64%), Protein: 7.4g (14.81%), Vitamin K: 75.62µg (72.02%), Manganese: 0.85mg (42.65%), Folate: 148.24µg (37.06%), Fiber: 6.38g (25.51%), Vitamin E: 2.92mg (19.46%), Iron: 2.71mg (15.08%), Copper: 0.3mg (14.79%), Phosphorus: 140.54mg (14.05%), Vitamin C: 8.96mg (10.86%), Magnesium: 41.7mg (10.43%), Zinc: 1.3mg (8.67%), Potassium: 267.42mg (7.64%), Vitamin A: 338.49IU (6.77%), Vitamin B1: 0.1mg (6.68%), Vitamin B6: 0.12mg (6.04%), Calcium: 46.35mg (4.63%), Selenium: 3.05µg (4.35%), Vitamin B2: 0.06mg (3.32%), Vitamin B5: 0.26mg (2.59%), Vitamin B3: 0.49mg (2.44%)