



Chickpea Salad with Cumin Vinaigrette



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



404 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons capers drained
- ☐ 15.5 ounce chickpeas dried rinsed cooked drained canned
- ☐ 3 ounces feta cut into 1/4-inch cubes (3/4 cup)
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon ground cumin
- ☐ 4 juice of lemon

- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon paprika
- ☐ 6 servings pepper freshly ground to taste
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 cup roasted bell pepper from a jar red drained chopped
- ☐ 6 servings sea salt to taste
- ☐ 1 tomatoes chopped

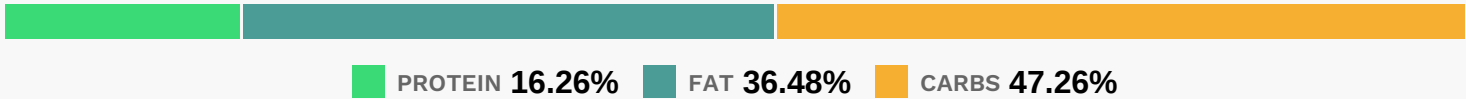
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Stir together first 7 ingredients in a small bowl. Slowly whisk in oil until well blended.
- ☐ Toss chickpeas and next 4 ingredients in a large bowl, and drizzle with vinaigrette.
- ☐ Add sea salt and pepper.
- ☐ Add feta cheese, and toss gently.
- ☐ Serve immediately at room temperature, or chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:7.11, Inflammation Score:-10, Nutrition Score:27.816086857215%

Flavonoids

Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg Hesperetin: 2.89mg, Hesperetin: 2.89mg, Hesperetin: 2.89mg, Hesperetin: 2.89mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 2.94mg, Apigenin: 2.94mg, Apigenin: 2.94mg, Apigenin: 2.94mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg

Kaempferol: 0.92mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 404.26kcal (20.21%), Fat: 16.95g (26.07%), Saturated Fat: 3.65g (22.8%), Carbohydrates: 49.39g (16.46%), Net Carbohydrates: 35.49g (12.9%), Sugar: 8.97g (9.97%), Cholesterol: 12.62mg (4.21%), Sodium: 558.53mg (24.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17g (34%), Folate: 424.99µg (106.25%), Manganese: 1.78mg (88.89%), Fiber: 13.91g (55.63%), Vitamin K: 36.59µg (34.85%), Copper: 0.69mg (34.51%), Iron: 6.18mg (34.34%), Phosphorus: 336.41mg (33.64%), Vitamin C: 24.85mg (30.12%), Vitamin B6: 0.54mg (26.77%), Vitamin B1: 0.4mg (26.58%), Magnesium: 101.3mg (25.33%), Potassium: 792.86mg (22.65%), Zinc: 3.13mg (20.86%), Vitamin B2: 0.31mg (18.16%), Calcium: 179.61mg (17.96%), Vitamin A: 792.55IU (15.85%), Vitamin E: 2.27mg (15.16%), Vitamin B5: 1.38mg (13.81%), Selenium: 8.45µg (12.07%), Vitamin B3: 1.64mg (8.22%), Vitamin B12: 0.24µg (3.99%)