



Chickpea Salad with Lemon, Parmesan, and Fresh Herbs



Gluten Free



Popular

READY IN



10 min.

SERVINGS



2

CALORIES



335 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 2 servings coarse kosher salt
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 small garlic clove pressed
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 teaspoons olive oil extra-virgin
- ☐ 0.3 cup parmesan cheese packed freshly grated ()

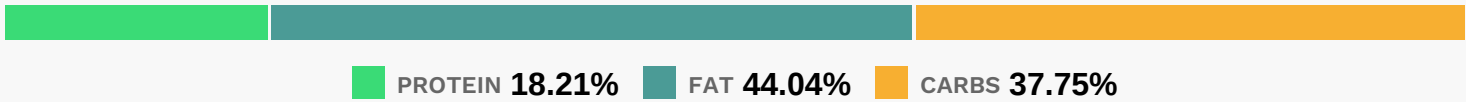
☐ 2 tablespoons parsley fresh italian chopped

Equipment

Directions

- ☐
- Combine rinsed and drained chickpeas,chopped fresh basil, chopped Italianparsley, fresh lemon juice, extra-virgin oliveoil, and pressed garlic clove in mediumbowl.
- ☐
- Add grated Parmesan cheeseand toss gently to blend all ingredientsthoroughly. Season chickpea salad to tastewith coarse kosher salt and freshly groundblack pepper. DO AHEAD: Chickpea saladcan be made 4 hours ahead. Cover andrefrigerate.
- ☐
- Serve salad chilled or atroom temperature.

Nutrition Facts



Properties

Glycemic Index:86.17, Glycemic Load:7.99, Inflammation Score:-7, Nutrition Score:20.786956680858%

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: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 335.43kcal (16.77%), Fat: 16.9g (26%), Saturated Fat: 4.13g (25.84%), Carbohydrates: 32.59g (10.86%), Net Carbohydrates: 22.99g (8.36%), Sugar: 0.44g (0.49%), Cholesterol: 14.5mg (4.83%), Sodium: 1079.43mg (46.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.72g (31.45%), Manganese: 1.81mg (90.51%), Vitamin K: 79.02µg (75.26%), Vitamin B6: 1.05mg (52.57%), Fiber: 9.6g (38.38%), Phosphorus: 282.7mg (28.27%), Calcium: 234.63mg (23.46%), Copper: 0.35mg (17.63%), Iron: 3.09mg (17.14%), Magnesium: 67.8mg (16.95%), Folate: 64.64µg (16.16%), Zinc: 2.27mg (15.15%), Vitamin C: 12.17mg (14.75%), Selenium: 10.32µg (14.75%), Vitamin A: 619.55IU (12.39%), Potassium: 386.49mg (11.04%), Vitamin E: 1.31mg (8.71%), Vitamin B5: 0.74mg (7.39%), Vitamin B2: 0.1mg (5.81%), Vitamin B1: 0.08mg (5.55%), Vitamin B12: 0.22µg (3.75%), Vitamin B3: 0.38mg (1.92%)