



 **87%**
HEALTH SCORE

Chickpea Salad with Red Onion and Tomato

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular

READY IN

130 min.

SERVINGS

4

CALORIES

327 kcal

SIDE DISH

Ingredients

- 19 ounces garbanzo beans drained
- 2 cloves garlic minced
- 1 tablespoon juice of lemon
- 3 tablespoons olive oil
- 0.5 cup parsley chopped
- 2 tablespoons onion red chopped
- 4 servings salt and pepper to taste
- 1 tomatoes chopped

Equipment

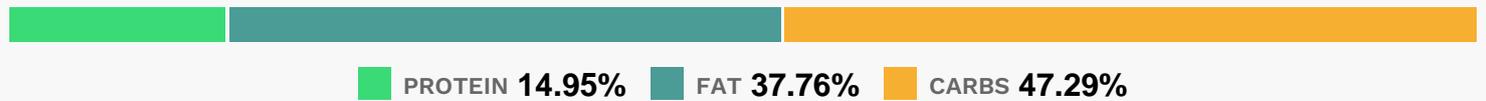
bowl

Directions

In a large bowl, combine the chickpeas, red onion, garlic, tomato, parsley, olive oil, lemon juice and salt and pepper to taste. Chill for 2 hours before serving. Taste and adjust seasoning.

Serve.

Nutrition Facts



Properties

Glycemic Index:38.19, Glycemic Load:7.5, Inflammation Score:-8, Nutrition Score:22.330869674683%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 326.96kcal (16.35%), Fat: 14.13g (21.74%), Saturated Fat: 1.83g (11.47%), Carbohydrates: 39.82g (13.27%), Net Carbohydrates: 28.84g (10.49%), Sugar: 7.66g (8.51%), Cholesterol: 0mg (0%), Sodium: 209.66mg (9.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.18%), Vitamin K: 137.18µg (130.65%), Manganese: 1.47mg (73.33%), Folate: 249.37µg (62.34%), Fiber: 10.98g (43.91%), Copper: 0.51mg (25.53%), Iron: 4.54mg (25.22%), Phosphorus: 242mg (24.2%), Vitamin C: 18.23mg (22.09%), Vitamin A: 924.77IU (18.5%), Magnesium: 72.87mg (18.22%), Potassium: 523.61mg (14.96%), Zinc: 2.22mg (14.81%), Vitamin E: 2.21mg (14.76%), Vitamin B6: 0.24mg (12.24%), Vitamin B1: 0.18mg (12.02%), Calcium: 83.72mg (8.37%), Selenium: 5.23µg (7.47%), Vitamin B2: 0.1mg (5.98%), Vitamin B3: 1.01mg (5.04%), Vitamin B5: 0.46mg (4.62%)