



Chickpea Salad with Spiced Almonds

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



217 kcal

SIDE DISH

Ingredients

- 0.5 cup planters almonds sliced
- 6 slices oscar mayer bacon crumbled cooked
- 15 oz chickpeas rinsed canned (garbanzo beans)
- 0.3 tsp ground pepper red (cayenne)
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 6 cups torn lettuce
- 1 navel oranges
- 1 bell pepper red cut into strips

0.3 cup sugar

Equipment

bowl

frying pan

Directions

Cook and stir first 3 ingredients in small skillet on medium-high heat 4 to 5 min. or until nuts are caramelized.

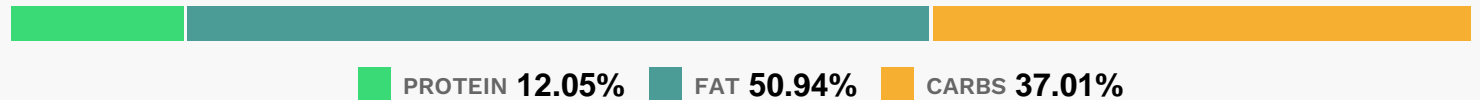
Spread onto large sheet of waxed paper; cool completely.

Combine all remaining ingredients except dressing in large bowl; mix lightly.

Add dressing; toss to coat.

Top with nuts.

Nutrition Facts



Properties

Glycemic Index:27.05, Glycemic Load:6.86, Inflammation Score:-7, Nutrition Score:11.27739150887%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 216.62kcal (10.83%), Fat: 12.7g (19.53%), Saturated Fat: 2.83g (17.71%), Carbohydrates: 20.76g (6.92%), Net Carbohydrates: 16.34g (5.94%), Sugar: 10.73g (11.92%), Cholesterol: 10.89mg (3.63%), Sodium: 360.54mg (15.68%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.51%), Vitamin C: 31.03mg (37.61%), Manganese: 0.66mg (33.08%), Vitamin B6: 0.39mg (19.53%), Vitamin K: 19.27µg (18.35%), Fiber: 4.42g (17.67%), Vitamin A: 821.11IU (16.42%), Vitamin E: 2.13mg (14.22%), Phosphorus: 114.27mg (11.43%), Folate: 44.33µg (11.08%), Magnesium: 39.92mg (9.98%), Copper: 0.17mg (8.64%), Potassium: 297.42mg (8.5%), Vitamin B1: 0.12mg (7.9%), Vitamin B2: 0.12mg (7.27%), Iron: 1.28mg (7.09%), Selenium: 4.92µg (7.03%), Vitamin B3: 1.25mg (6.23%), Zinc: 0.88mg (5.88%), Calcium: 54.6mg (5.46%), Vitamin B5: 0.42mg (4.19%), Vitamin B12: 0.08µg (1.38%)