



HEALTH SCORE

100%

Chickpea, Salmon and Arugula Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



1045 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 oz salmon fillet
- 1 teaspoon olive oil
- 30 oz garbanzo beans rinsed drained canned (garbanzo beans)
- 0.3 cup kalamata olives pitted chopped
- 4 radishes halved sliced
- 1 medium shallots chopped
- 2 large cloves garlic finely chopped
- 0.3 cup basil fresh chopped

- 1 tablespoon parsley fresh chopped
- 2 cups arugula
- 0.3 cup olive oil
- 1 lemon zest grated
- 4.5 teaspoons juice of lemon fresh
- 1 tablespoon red wine vinegar
- 2 teaspoons agave nectar
- 2 teaspoons dijon mustard
- 1 serving salt and pepper freshly ground to taste

Equipment

- bowl
- baking sheet
- paper towels
- baking paper
- oven
- whisk

Directions

- Heat oven to 400°F. Line cookie sheet with cooking parchment paper.
- Remove skin from salmon and bones if necessary. Pat salmon dry with paper towels; place on cookie sheet.
- Drizzle with 1 teaspoon oil.
- Bake 18 to 20 minutes or until fish flakes easily with fork.
- Meanwhile, in large bowl, toss together remaining salad ingredients except arugula. In small bowl, mix 1/3 cup oil, the lemon peel, lemon juice, vinegar, agave nectar and mustard with whisk until well blended.
- Add salt and pepper to taste.
- Pour dressing over chickpea mixture; stir to combine. Stir in arugula. Use 2 forks to flake salmon into bite-size pieces.

Add salmon to salad; toss gently. Season with additional salt and pepper, if desired.

Nutrition Facts

PROTEIN 21.27% **FAT 51.7%** **CARBS 27.03%**

Properties

Glycemic Index:156.67, Glycemic Load:17.76, Inflammation Score:-9, Nutrition Score:52.876521898353%

Flavonoids

Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.08mg, Kaempferol: 7.08mg, Kaempferol: 7.08mg, Kaempferol: 7.08mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 1044.82kcal (52.24%), Fat: 60.97g (93.8%), Saturated Fat: 8.28g (51.77%), Carbohydrates: 71.71g (23.9%), Net Carbohydrates: 50.65g (18.42%), Sugar: 9g (10%), Cholesterol: 93.55mg (31.18%), Sodium: 1773.74mg (77.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.44g (112.87%), Manganese: 3.73mg (186.31%), Vitamin B6: 3.55mg (177.7%), Selenium: 73.39µg (104.84%), Vitamin B12: 5.41µg (90.15%), Vitamin K: 92.82µg (88.4%), Fiber: 21.06g (84.26%), Phosphorus: 715.58mg (71.56%), Vitamin B3: 14.28mg (71.38%), Copper: 1.17mg (58.33%), Potassium: 1649.04mg (47.12%), Magnesium: 187.04mg (46.76%), Folate: 186.32µg (46.58%), Vitamin B2: 0.77mg (45.06%), Vitamin E: 6.6mg (44.01%), Iron: 7.81mg (43.39%), Vitamin B5: 4.32mg (43.15%), Vitamin B1: 0.58mg (38.49%), Zinc: 4.33mg (28.85%), Calcium: 241.91mg (24.19%), Vitamin C: 19.73mg (23.91%), Vitamin A: 1028.64IU (20.57%)