



Chickpeas in Tomato Sauce With Feta and Wine



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

SAUCE

Ingredients

- ☐ 15 ounce chickpeas drained canned garbanzo beans
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.8 cup feta cheese crumbled
- ☐ 2 cloves garlic minced peeled
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1.3 tablespoons olive oil

- ☐ 1 onion chopped
- ☐ 1 tablespoon oregano dried

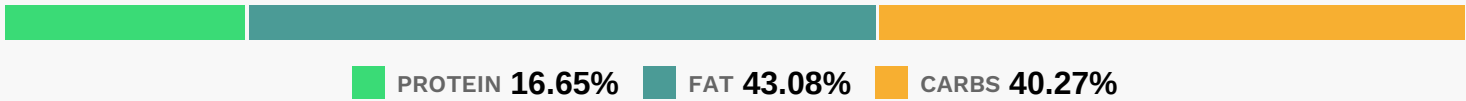
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a medium skillet over medium heat, and stir in the onion, garlic, and oregano. Cook and stir about 10 minutes, until onions are tender.
- ☐ Mix tomatoes into the skillet, and cook until heated through.
- ☐ Mix in wine, and continue cooking about 15 minutes, until thickened.
- ☐ Stir garbanzo beans and feta cheese into the skillet, and cook 5 minutes, until the cheese has melted. Season with salt and pepper.
- ☐ Remove from heat, and allow to cool about 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:53.58, Glycemic Load:7.15, Inflammation Score:-9, Nutrition Score:17.504347863405%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 283.62kcal (14.18%), Fat: 13.17g (20.26%), Saturated Fat: 4.68g (29.23%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 20.01g (7.28%), Sugar: 6.04g (6.71%), Cholesterol: 25.03mg (8.34%), Sodium: 755.1mg (32.83%), Alcohol: 3.09g (100%), Alcohol %: 1.3% (100%), Protein: 11.45g (22.9%), Manganese: 1.24mg (61.82%),

Vitamin B6: 0.86mg (42.81%), Fiber: 7.69g (30.74%), Calcium: 243mg (24.3%), Phosphorus: 230.39mg (23.04%),
Iron: 3.49mg (19.37%), Copper: 0.39mg (19.27%), Vitamin B2: 0.33mg (19.24%), Vitamin K: 16.95µg (16.15%),
Magnesium: 64.27mg (16.07%), Potassium: 556.22mg (15.89%), Vitamin E: 2.24mg (14.95%), Vitamin C: 12.09mg
(14.66%), Folate: 57.49µg (14.37%), Zinc: 1.96mg (13.04%), Vitamin B1: 0.17mg (11.59%), Selenium: 7.4µg (10.58%),
Vitamin B5: 0.94mg (9.45%), Vitamin B3: 1.81mg (9.03%), Vitamin B12: 0.48µg (7.92%), Vitamin A: 378.08IU (7.56%)