



## Creamy Chickpea Salad with Fresh Herbs

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



156 kcal

SIDE DISH

### Ingredients

- 0.5 bell pepper minced
- 1 rib celery minced
- 4 servings celery chopped (Use if you want a lighter salad, more suited to a side-dish than a dip.)
- 1.5 cups chickpeas cooked
- 0.5 pepper flakes hot minced seeded
- 0.5 tablespoon dijon mustard
- 0.3 teaspoon cumin
- 1 teaspoon curry powder good

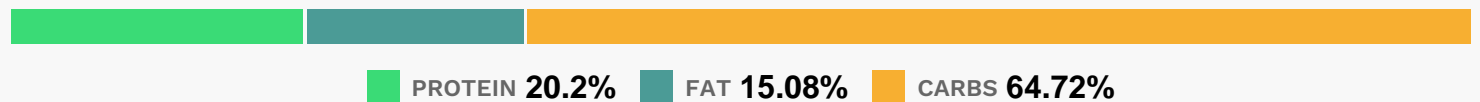
- 1 tablespoon parsley fresh minced
- 1 teaspoon thyme sprigs dried fresh (or)
- 1 tablespoon juice of lemon
- 0.5 cup persimmon pulp mashed well
- 0.3 teaspoon seafood seasoning to taste (or )
- 0.5 medium onion minced
- 0.3 teaspoon paprika
- 4 servings pepper black generous
- 1 teaspoon salt to taste (or )
- 0.3 cup silken tofu mashed well
- 1 teaspoon soya sauce
- 1 tablespoon frangelico
- 1 tablespoon frangelico

## Equipment

## Directions

- Add all remaining ingredients and taste, adding more seasonings if necessary. Refrigerate until chilled.
- Serve as a sandwich filling, as a dip with crackers, or atop a bed of greens.

## Nutrition Facts



## Properties

Glycemic Index:93.69, Glycemic Load:4.39, Inflammation Score:-9, Nutrition Score:17.745652240256%

## 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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 5.59mg, Apigenin: 5.59mg, Apigenin: 5.59mg, Apigenin: 5.59mg Luteolin: 1.59mg

Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

## **Nutrients (% of daily need)**

Calories: 155.97kcal (7.8%), Fat: 2.76g (4.24%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 26.63g (8.88%), Net Carbohydrates: 18.92g (6.88%), Sugar: 6.45g (7.17%), Cholesterol: 0mg (0%), Sodium: 791.1mg (34.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.63%), Vitamin K: 57.4µg (54.66%), Manganese: 0.94mg (47%), Vitamin C: 36.33mg (44.04%), Folate: 167.62µg (41.91%), Fiber: 7.71g (30.83%), Vitamin A: 1256.44IU (25.13%), Potassium: 653.18mg (18.66%), Copper: 0.35mg (17.59%), Phosphorus: 169.23mg (16.92%), Iron: 3.02mg (16.79%), Magnesium: 60.87mg (15.22%), Vitamin B6: 0.3mg (15.06%), Calcium: 110.91mg (11.09%), Vitamin B1: 0.14mg (9.47%), Zinc: 1.41mg (9.42%), Vitamin B2: 0.15mg (8.73%), Selenium: 5.25µg (7.5%), Vitamin E: 0.99mg (6.59%), Vitamin B5: 0.59mg (5.87%), Vitamin B3: 1.13mg (5.67%)