



Crisp Chickpea Slaw



Vegetarian



Gluten Free



Very Healthy

READY IN



10 min.

SERVINGS



2

CALORIES



280 kcal

SIDE DISH

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 15 oz garbanzo beans low-sodium rinsed drained canned
- ☐ 2 savory vegetable with a vegetable peeler into strips or thinly sliced, peeled
- ☐ 2 stalks celery thinly sliced
- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 2.5 cups cabbage green packed sliced
- ☐ 0.3 teaspoon kosher salt

- ☐ 2 tablespoons sesame seed toasted
- ☐ 1 tablespoon water

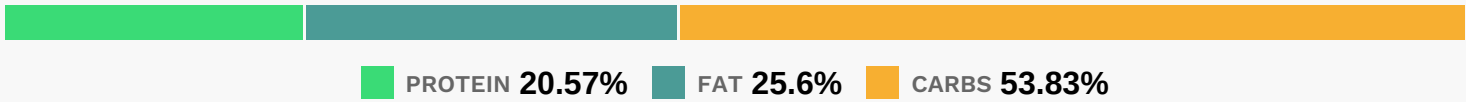
Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl, stir together the yogurt, vinegar, water, salt, and pepper to taste.
- ☐ Add the chickpeas, cabbage, celery, and carrots; toss to combine.
- ☐ Sprinkle with sesame seeds.
- ☐ Transfer slaw to a plastic food-storage bag or 2 portable containers. Refrigerate at least 4 hours before serving; slaw keeps up to 3 days.

Nutrition Facts



Properties

Glycemic Index:134.17, Glycemic Load:9.65, Inflammation Score:-7, Nutrition Score:26.225217466769%

Flavonoids

Apigenin: 1.21mg, Apigenin: 1.21mg, Apigenin: 1.21mg, Apigenin: 1.21mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 280.04kcal (14%), Fat: 8.34g (12.83%), Saturated Fat: 1.07g (6.72%), Carbohydrates: 39.44g (13.15%), Net Carbohydrates: 26.25g (9.55%), Sugar: 5.74g (6.38%), Cholesterol: 0.61mg (0.2%), Sodium: 955.22mg (41.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.07g (30.15%), Manganese: 2.15mg (107.67%), Vitamin K: 78.44µg (74.71%), Vitamin B6: 1.22mg (61.22%), Fiber: 13.19g (52.77%), Vitamin C: 33.86mg (41.04%), Copper: 0.69mg (34.57%), Phosphorus: 302.2mg (30.22%), Folate: 116.92µg (29.23%), Magnesium: 107.07mg (26.77%), Calcium: 265.98mg (26.6%), Iron: 4.33mg (24.08%), Potassium: 683.44mg (19.53%), Zinc: 2.6mg (17.36%), Vitamin B1: 0.21mg (13.94%), Selenium: 8.55µg (12.21%), Vitamin B5: 1.12mg (11.23%), Vitamin B2: 0.18mg (10.71%), Vitamin A: 351.43IU (7.03%), Vitamin B3: 1.02mg (5.11%), Vitamin B12: 0.19µg (3.11%), Vitamin E: 0.26mg (1.74%)