



Crispy Chickpea Salad with Grilled Prawns

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



614 kcal

SIDE DISH

Ingredients

- 4 cups baby arugula fresh
- 2 cups baby spinach fresh
- 0.5 teaspoon pepper black freshly ground
- 3 cups chickpeas canned rinsed drained (garbanzo beans)
- 6 cups canola oil
- 2.5 teaspoons pepper red divided crushed
- 0.3 cup flat-leaf parsley leaves fresh
- 1 tablespoon flat-leaf parsley fresh chopped

- 0.5 cup mint leaves fresh
- 1 garlic clove minced
- 0.3 cup diagonally cut green onions ()
- 0.3 cup juice of lemon fresh divided
- 4 teaspoons lemon rind divided grated
- 0.3 cup olive oil extra-virgin divided
- 0.8 teaspoon salt divided
- 0.8 pound shrimp deveined peeled

Equipment

- bowl
- frying pan
- paper towels
- whisk
- grill
- kitchen thermometer
- skewers
- slotted spoon
- dutch oven

Directions

- Combine 1 tablespoon olive oil, 1 1/2 teaspoons lemon rind, 1 tablespoon juice, parsley, 1 teaspoon red pepper, 1/2 teaspoon salt, black pepper, and garlic in a medium bowl.
- Add shrimp; toss well. Marinate in refrigerator 1 hour, stirring occasionally.
- Clip a candy/fry thermometer onto the side of a Dutch oven.
- Add canola oil to pan; heat oil to 38
- Dry chickpeas thoroughly in a single layer on paper towels.
- Place 1 1/2 cups chickpeas in hot oil; fry 4 minutes or until crisp, stirring occasionally. Make sure oil temperature remains at 37

- Remove peas from pan using a slotted spoon; drain on paper towels. Keep warm. Return oil to 38
- Repeat procedure with remaining chickpeas.
- Remove shrimp from marinade; discard marinade. Thread 3 shrimp onto each of 6 (5-inch) skewers.
- Preheat grill to medium-high heat.
- Place shrimp on a grill rack coated with cooking spray. Grill shrimp 2 1/2 minutes on each side or until done.
- Combine remaining olive oil, rind, juice, red pepper, and salt in a large bowl; stir with a whisk.
- Add chickpeas, arugula, spinach, and remaining ingredients; toss gently to combine.
- Place 1 1/4 cups chickpea mixture in each of 6 shallow bowls. Top each serving with 3 grilled shrimp.

Nutrition Facts

PROTEIN 10.57%

FAT 80.08%

CARBS 9.35%

Properties

Glycemic Index:43.72, Glycemic Load:3.33, Inflammation Score:-9, Nutrition Score:20.040434909903%

Flavonoids

Eriodictyol: 1.66mg, Eriodictyol: 1.66mg, Eriodictyol: 1.66mg, Eriodictyol: 1.66mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 8.83mg, Apigenin: 8.83mg, Apigenin: 8.83mg, Apigenin: 8.83mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 613.8kcal (30.69%), Fat: 56.05g (86.23%), Saturated Fat: 4.83g (30.16%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 9.6g (3.49%), Sugar: 0.86g (0.95%), Cholesterol: 91.29mg (30.43%), Sodium: 616.05mg (26.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.64g (33.28%), Vitamin K: 178.46µg (169.96%), Vitamin E: 9.8mg (65.3%), Manganese: 0.93mg (46.36%), Vitamin A: 2067.37IU (41.35%), Vitamin B6: 0.46mg (23%), Vitamin C: 18.27mg (22.14%), Phosphorus: 210.38mg (21.04%), Fiber: 5.13g (20.53%), Copper: 0.41mg (20.42%), Folate: 69.23µg (17.31%), Magnesium: 64.73mg (16.18%), Iron: 2.53mg (14.06%), Potassium: 464.82mg (13.28%), Calcium: 121.91mg (12.19%), Zinc: 1.6mg (10.67%), Vitamin B2: 0.07mg (4.25%), Vitamin B1: 0.06mg (3.73%),

Vitamin B5: 0.37mg (3.73%), Selenium: 2.09µg (2.98%), Vitamin B3: 0.48mg (2.41%)