



Crunchy chickpea salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



6

CALORIES



388 kcal

SIDE DISH

Ingredients

- ☐ 200 g bulghar wheat
- ☐ 50 g pine nut
- ☐ 1 leek diced finely
- ☐ 3 tbsp olive oil extra-virgin
- ☐ 2 juice of lemon
- ☐ 50 g raisin
- ☐ 400 g chickpea drained canned
- ☐ 4 tbsp herb such as parsley fresh chopped

- ☐ 6 servings iceberg lettuce leaves
- ☐ 1 strips bell pepper red
- ☐ 6 servings radishes
- ☐ 6 servings celery stalks

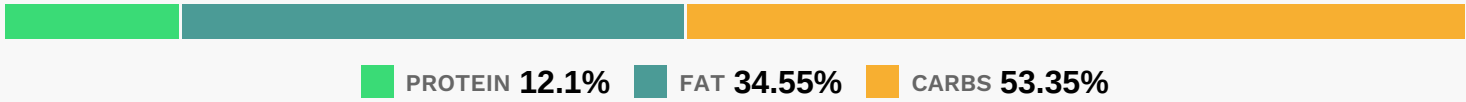
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the bulghar wheat according to packet instructions. Allow to cool. Lightly toast the pine nuts in a non-stick pan over a low heat, until golden.
- ☐ Put all the salad ingredients into a bowl and toss together well. Taste and adjust the seasoning if necessary.
- ☐ Serve piled on to plates or into bowls with iceberg lettuce, radishes, red pepper and celery.

Nutrition Facts



Properties

Glycemic Index:54.76, Glycemic Load:18.53, Inflammation Score:-8, Nutrition Score:23.136521857718%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 5.49mg, Apigenin: 5.49mg, Apigenin: 5.49mg, Apigenin: 5.49mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg

Nutrients (% of daily need)

Calories: 388.06kcal (19.4%), Fat: 15.76g (24.24%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 54.74g (18.25%), Net Carbohydrates: 44.13g (16.05%), Sugar: 5.47g (6.08%), Cholesterol: 0mg (0%), Sodium: 35.65mg (1.55%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.42g (24.84%), Manganese: 1.99mg (99.74%), Vitamin K: 61.19µg (58.27%), Fiber: 10.62g (42.46%), Folate: 158.32µg (39.58%), Copper: 0.79mg (39.47%), Magnesium: 144.44mg (36.11%), Phosphorus: 301.38mg (30.14%), Vitamin C: 19.26mg (23.34%), Iron: 4.06mg (22.54%), Potassium: 656.44mg (18.76%), Zinc: 2.59mg (17.25%), Vitamin B3: 3.4mg (17.02%), Vitamin B2: 0.25mg (14.69%), Vitamin E: 2.2mg (14.64%), Vitamin B6: 0.27mg (13.52%), Vitamin B1: 0.17mg (11.45%), Vitamin A: 500.48IU (10.01%), Selenium: 5.86µg (8.37%), Vitamin B5: 0.78mg (7.75%), Calcium: 70.34mg (7.03%)