



## Dill, Chickpea, and Feta Pasta Salad

READY IN



50 min.

SERVINGS



8

CALORIES



412 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon pepper black as needed freshly ground plus more
- 30 ounce garbanzo beans drained and rinsed canned
- 0.3 cup capers
- 1 pound cucumber english
- 1.3 cups feta cheese crumbled
- 0.3 cup optional: dill fresh coarsely chopped
- 0.5 teaspoon kosher salt as needed plus more
- 0.7 cup olive oil
- 2 tablespoons parsley fresh italian finely chopped

- 2 tablespoons shallots coarsely chopped
- 1 pound .5 oz. macaroni such as gemelli or fusilli
- 0.3 cup citrus champagne vinegar

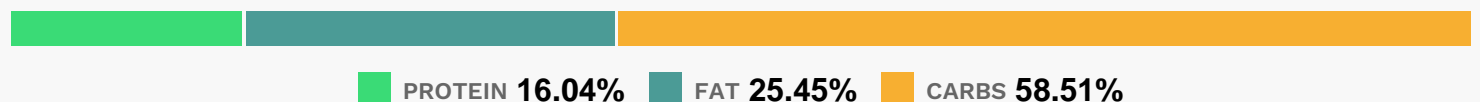
## Equipment

- bowl
- pot
- blender
- spatula

## Directions

- Bring a large pot of heavily salted water to a boil over high heat. Meanwhile, make the dressing.
- Place the dill, vinegar, shallot, and measured salt and pepper in a blender. Blend on high until evenly combined, about 15 seconds. Stop the blender and scrape down the sides of the pitcher with a rubber spatula. Return the blender to high speed, remove the small cap from the lid (the pour lid), and slowly drizzle in the oil. Turn off the blender, add the capers, and pulse until they're coarsely chopped, about 5 (1-second) pulses; set the dressing aside in the blender. Once the water is boiling, add the pasta and cook it according to the package directions.
- Drain and then rinse it under cold water until cool.
- Drain any excess water from the pasta and transfer it to a large bowl.
- Add the chickpeas, cucumber, feta, parsley, and reserved dressing (and tuna, trout, or chicken, if using) and toss to combine. Taste and season with salt and pepper as needed.
- Serve chilled or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:22.04, Glycemic Load:4.27, Inflammation Score:-6, Nutrition Score:18.941304346789%

## Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 7.47mg, Kaempferol: 7.47mg, Kaempferol: 7.47mg, Kaempferol: 7.47mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 10.27mg, Quercetin: 10.27mg, Quercetin: 10.27mg, Quercetin: 10.27mg

## Nutrients (% of daily need)

Calories: 411.97kcal (20.6%), Fat: 11.71g (18.01%), Saturated Fat: 4.03g (25.16%), Carbohydrates: 60.56g (20.19%), Net Carbohydrates: 53.45g (19.44%), Sugar: 2.69g (2.99%), Cholesterol: 20.86mg (6.95%), Sodium: 866.48mg (37.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.6g (33.2%), Manganese: 1.48mg (74.22%), Selenium: 41.75µg (59.64%), Vitamin B6: 0.72mg (35.95%), Phosphorus: 289.09mg (28.91%), Fiber: 7.11g (28.44%), Vitamin K: 29.81µg (28.39%), Copper: 0.39mg (19.26%), Magnesium: 74.63mg (18.66%), Calcium: 182.13mg (18.21%), Vitamin B2: 0.28mg (16.47%), Zinc: 2.38mg (15.84%), Iron: 2.7mg (14.98%), Folate: 54.09µg (13.52%), Potassium: 408.13mg (11.66%), Vitamin B5: 0.96mg (9.55%), Vitamin B1: 0.14mg (9.38%), Vitamin A: 379.97IU (7.6%), Vitamin B3: 1.47mg (7.34%), Vitamin B12: 0.4µg (6.6%), Vitamin C: 4.74mg (5.75%), Vitamin E: 0.7mg (4.65%)