



Egyptian Fattet Salad (Layered Chickpea Salad)

 Vegetarian  Very Healthy

READY IN



32 min.

SERVINGS



6

CALORIES



403 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon cumin to taste
- 1.5 cups chickpeas dried (garbanzo beans)
- 2 tablespoons olive oil extra virgin
- 2 tablespoons mint leaves dried fresh chopped (not mint)
- 1 large garlic clove peeled
- 3 garlic clove finely minced peeled
- 6 servings pepper fresh black

- 1.5 juice of lemon
- 2 tablespoons pinenuts toasted
- 3 day old pita bread whole wheat
- 2.5 cups yogurt plain
- 6 servings salt to taste
- 1 tablespoon tahini

Equipment

Nutrition Facts



■ **PROTEIN 16.35%**
■ **FAT 32.67%**
■ **CARBS 50.98%**

Properties

Glycemic Index:22.75, Glycemic Load:5.54, Inflammation Score:-7, Nutrition Score:24.164782608696%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 402.79kcal (20.14%), Fat: 15.17g (23.34%), Saturated Fat: 3.52g (21.98%), Carbohydrates: 53.27g (17.76%), Net Carbohydrates: 42.38g (15.41%), Sugar: 11.24g (12.49%), Cholesterol: 13.27mg (4.42%), Sodium: 372.9mg (16.21%), Protein: 17.08g (34.17%), Manganese: 1.96mg (97.97%), Folate: 302.52µg (75.63%), Fiber: 10.89g (43.56%), Phosphorus: 375.16mg (37.52%), Copper: 0.61mg (30.69%), Selenium: 19.85µg (28.36%), Vitamin B1: 0.42mg (28.22%), Magnesium: 102.88mg (25.72%), Iron: 4.6mg (25.53%), Zinc: 3.13mg (20.86%), Vitamin B6: 0.41mg (20.63%), Potassium: 704.33mg (20.12%), Calcium: 194.56mg (19.46%), Vitamin B2: 0.29mg (17.2%), Vitamin B5: 1.46mg (14.63%), Vitamin E: 1.64mg (10.96%), Vitamin B3: 1.99mg (9.94%), Vitamin K: 9.91µg (9.44%), Vitamin C: 6.71mg (8.14%), Vitamin B12: 0.38µg (6.3%), Vitamin A: 211.3IU (4.23%)