

SIDE DISH

Fennel-and-Chickpea Salad

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$0.88	158 kcal



The recipe Fennel-and-Chickpea Salad can be made in around 45 minutes. This recipe serves 4. One portion of this dish contains roughly 7g of protein, 6g of fat, and a total of 158 calories. For 88 cents per serving, this recipe covers 13% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ¼ teaspoon black pepper
- ☐ 15½ ounce chickpeas, drained
canned
- ☐ 1 teaspoon cumin
- ☐ 1 large fennel bulb
- ☐ 1 tablespoon olive oil
- ☐ 1½ tablespoons red wine vinegar
- ☐ 7 ounce roasted red bell peppers, drained and
chopped
- ☐ ½ teaspoon salt

Method

- 1 Trim tough outer leaves from fennel; remove and discard stalks.
- 2 Cut fennel bulb in half vertically, discarding the core.
- 3 Cut each half crosswise into 1/4-inch-thick slices. Chop fennel fronds to measure 1 tablespoon. Stir together the fennel slices and remaining ingredients. Top the salad with fronds, and serve at room temperature or chilled.

Nutrition per serving

158	7 g	6 g	21 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.8 g · 5% of daily needs
Fibre			7.3 g · 29% of daily needs
Sugar			2.3 g · 3% of daily needs
Sodium			1,307 mg · 57% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			30.3 mg · 37% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/fennel-and-chickpea-salad-148298