






 **22%**
HEALTH SCORE

Fresh and Light Garbanzo Salad

 Vegetarian  Vegan  Dairy Free

READY IN

15 min.

SERVINGS

8

CALORIES

129 kcal

SIDE DISH **ANTIPASTI** **STARTER** **SNACK**

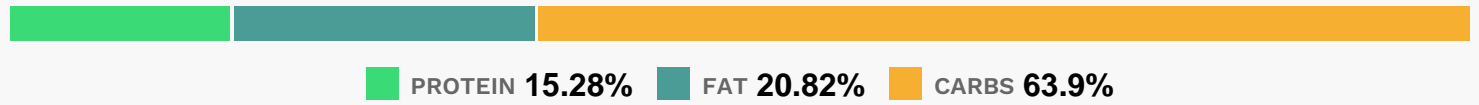
Ingredients

- 8 servings pepper black
- 15 ounce garbanzo beans rinsed drained canned
- 0.7 cup couscous uncooked
- 1 cucumber diced peeled
- 2 tablespoons parsley fresh minced
- 1 tablespoon olive oil
- 1 teaspoon oregano
- 0.5 small onion diced

- 0.3 cup citrus champagne vinegar
- 1 tomatoes diced
- 1.3 cups water

Equipment

Nutrition Facts



Properties

Glycemic Index:31.79, Glycemic Load:9.14, Inflammation Score:-5, Nutrition Score:7.1947826086957%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 129.16kcal (6.46%), Fat: 3g (4.61%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 20.7g (6.9%), Net Carbohydrates: 16.92g (6.15%), Sugar: 1.23g (1.37%), Cholesterol: 0mg (0%), Sodium: 154.25mg (6.71%), Protein: 4.95g (9.91%), Manganese: 0.63mg (31.56%), Vitamin K: 23.11µg (22.01%), Vitamin B6: 0.31mg (15.54%), Fiber: 3.79g (15.15%), Copper: 0.17mg (8.34%), Phosphorus: 82.3mg (8.23%), Magnesium: 29.61mg (7.4%), Folate: 27.16µg (6.79%), Iron: 1.16mg (6.42%), Vitamin C: 5.24mg (6.35%), Potassium: 210.9mg (6.03%), Vitamin A: 252.22IU (5.04%), Vitamin B5: 0.46mg (4.58%), Vitamin B1: 0.06mg (4.16%), Zinc: 0.61mg (4.09%), Calcium: 37.9mg (3.79%), Vitamin B3: 0.71mg (3.56%), Vitamin E: 0.4mg (2.68%), Vitamin B2: 0.04mg (2.11%), Selenium: 1.15µg (1.65%)