



Fried Chickpeas and Spiced Nuts with Olives and Radishes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



371 kcal

SIDE DISH

Ingredients

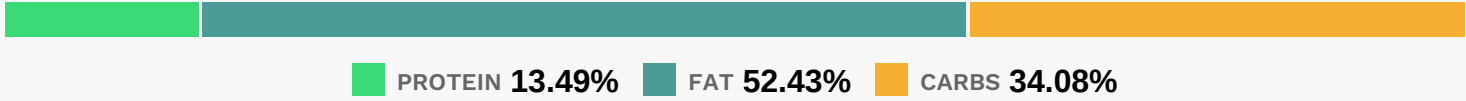
- ☐ 8 servings chickpeas
- ☐ 8 servings nuts
- ☐ 2 cups olives mixed
- ☐ 1 pound radishes trimmed (15 small)

Equipment

Directions

☐ Transfer chickpeas, nuts, olives, and radishes to separate small dishes and serve together.

Nutrition Facts



Properties

Glycemic Index:10.93, Glycemic Load:5.97, Inflammation Score:-7, Nutrition Score:17.480000112368%

Flavonoids

Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg

Nutrients (% of daily need)

Calories: 370.69kcal (18.53%), Fat: 22.78g (35.04%), Saturated Fat: 2.99g (18.71%), Carbohydrates: 33.31g (11.1%), Net Carbohydrates: 22.36g (8.13%), Sugar: 5.17g (5.75%), Cholesterol: 0mg (0%), Sodium: 557.95mg (24.26%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 13.19g (26.38%), Manganese: 1.46mg (73.24%), Fiber: 10.95g (43.81%), Folate: 171.23µg (42.81%), Copper: 0.74mg (37.06%), Magnesium: 116.24mg (29.06%), Phosphorus: 280.95mg (28.09%), Iron: 3.84mg (21.32%), Zinc: 2.57mg (17.11%), Potassium: 564mg (16.11%), Vitamin B6: 0.25mg (12.67%), Vitamin C: 9.58mg (11.61%), Vitamin B1: 0.17mg (11.27%), Vitamin E: 1.57mg (10.49%), Vitamin B3: 2.07mg (10.33%), Calcium: 92.9mg (9.29%), Vitamin B2: 0.14mg (8.01%), Vitamin B5: 0.7mg (6.97%), Selenium: 3.68µg (5.25%), Vitamin K: 4.49µg (4.28%), Vitamin A: 163.25IU (3.26%)