



Garbanzo Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 38 ounce chickpeas drained canned (garbanzo beans)
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup green onions sliced
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.8 teaspoon ground cumin
- ☐ 2 tablespoons juice of lemon
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon paprika

- ☐ 0.3 teaspoon pepper
- ☐ 2 cups plum tomatoes seeded chopped
- ☐ 0.3 teaspoon salt

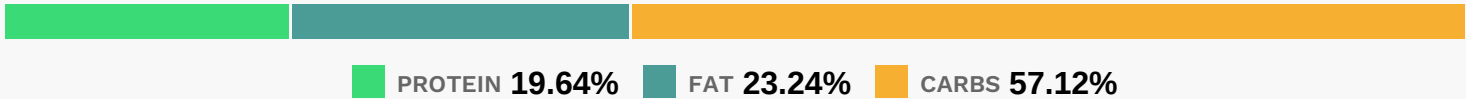
Equipment

- ☐ bowl

Directions

- ☐ Combine first 9 ingredients in a large bowl, and stir well.
- ☐ Add remaining ingredients, and stir gently.
- ☐ Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:32.39, Glycemic Load:7.47, Inflammation Score:-7, Nutrition Score:15.177391176638%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 188.31kcal (9.42%), Fat: 5.11g (7.86%), Saturated Fat: 0.59g (3.66%), Carbohydrates: 28.24g (9.41%), Net Carbohydrates: 19.13g (6.96%), Sugar: 2.32g (2.58%), Cholesterol: 0mg (0%), Sodium: 601.36mg (26.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.71g (19.42%), Manganese: 1.59mg (79.49%), Vitamin B6: 0.92mg (46.11%), Fiber: 9.11g (36.46%), Vitamin C: 13.78mg (16.7%), Phosphorus: 166.81mg (16.68%), Copper: 0.33mg (16.56%), Vitamin A: 820.42IU (16.41%), Vitamin K: 16.35µg (15.58%), Folate: 60.59µg (15.15%), Iron: 2.72mg (15.11%), Magnesium: 59.95mg (14.99%), Potassium: 473.26mg (13.52%), Zinc: 1.42mg (9.44%), Calcium: 77.86mg (7.79%), Vitamin B5: 0.62mg (6.23%), Vitamin B1: 0.09mg (6.17%), Selenium: 3.67µg (5.25%), Vitamin E: 0.71mg (4.73%), Vitamin B3: 0.76mg (3.8%), Vitamin B2: 0.05mg (2.91%)