



Garbanzo Bean Salad II



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



109 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce garbanzo beans drained and rinsed canned
- ☐ 1 cup celery sliced
- ☐ 1 tablespoon optional: dill
- ☐ 1 clove garlic minced
- ☐ 4 servings ground pepper black to taste
- ☐ 0.5 small onion diced
- ☐ 5 tablespoons tomato sauce
- ☐ 3 tablespoons distilled vinegar white

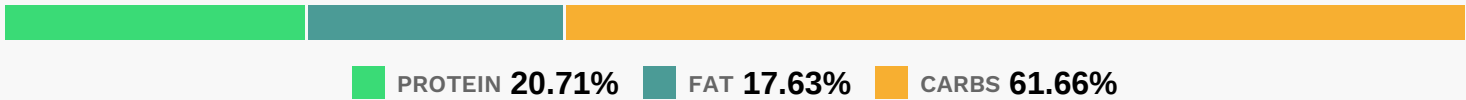
Equipment

☐ bowl

Directions

☐ In a bowl, gently toss the beans, tomato sauce, celery, garlic, sliced onion, diced onion, distilled white vinegar, dill, and pepper.

Nutrition Facts



Properties

Glycemic Index:67.83, Glycemic Load:4.6, Inflammation Score:-4, Nutrition Score:8.69043471502222%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 108.66kcal (5.43%), Fat: 2.19g (3.37%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 11.67g (4.24%), Sugar: 1.39g (1.54%), Cholesterol: 0mg (0%), Sodium: 405.42mg (17.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.58%), Manganese: 0.96mg (48.01%), Vitamin B6: 0.56mg (28.01%), Fiber: 5.55g (22.22%), Phosphorus: 100.56mg (10.06%), Copper: 0.2mg (10.05%), Folate: 39.21µg (9.8%), Magnesium: 35.7mg (8.93%), Iron: 1.59mg (8.83%), Potassium: 292.51mg (8.36%), Vitamin K: 8.13µg (7.75%), Zinc: 0.83mg (5.56%), Calcium: 54.67mg (5.47%), Vitamin B5: 0.46mg (4.55%), Vitamin A: 219.01IU (4.38%), Vitamin C: 3.17mg (3.84%), Selenium: 2.55µg (3.65%), Vitamin B1: 0.05mg (3.3%), Vitamin B2: 0.05mg (2.72%), Vitamin E: 0.34mg (2.28%), Vitamin B3: 0.42mg (2.11%)