



## Garbanzo Extravaganzo

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



294 kcal

SIDE DISH

### Ingredients

- 4 servings chiles in adobo sauce with pepper, to taste
- 6 ounce baby spinach
- 1 tablespoon balsamic vinegar
- 15.5 ounce chickpeas low sodium drained canned
- 3 tablespoons olive oil extra virgin
- 0.5 medium onion red finely chopped

### Equipment

- bowl

whisk

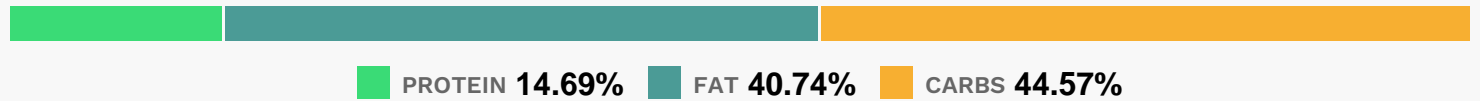
## Directions

In a large bowl, toss together chick peas, spinach, and onions.

Pour vinegar into a small bowl. Using a whisk, slowly drizzle in oil, whisking constantly, until combined. Season with Adobo.

Pour dressing over salad. Toss well to coat. Divide salad evenly among serving bowls.

## Nutrition Facts



## Properties

Glycemic Index:33.69, Glycemic Load:6.43, Inflammation Score:-10, Nutrition Score:25.11347826087%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

## Nutrients (% of daily need)

Calories: 294.49kcal (14.72%), Fat: 13.73g (21.13%), Saturated Fat: 1.81g (11.29%), Carbohydrates: 33.82g (11.27%), Net Carbohydrates: 24.29g (8.83%), Sugar: 6.65g (7.39%), Cholesterol: 0mg (0%), Sodium: 214.48mg (9.33%), Protein: 11.14g (22.28%), Vitamin K: 216.24µg (205.94%), Vitamin A: 4019.63IU (80.39%), Manganese: 1.54mg (76.8%), Folate: 274.15µg (68.54%), Fiber: 9.53g (38.12%), Iron: 4.48mg (24.86%), Copper: 0.45mg (22.43%), Magnesium: 88.41mg (22.1%), Phosphorus: 210.52mg (21.05%), Vitamin E: 2.79mg (18.6%), Vitamin C: 14.45mg (17.52%), Potassium: 583.49mg (16.67%), Zinc: 1.94mg (12.9%), Vitamin B6: 0.25mg (12.61%), Vitamin B1: 0.17mg (11.16%), Calcium: 101.51mg (10.15%), Vitamin B2: 0.15mg (9.03%), Selenium: 4.59µg (6.56%), Vitamin B3: 0.91mg (4.53%), Vitamin B5: 0.36mg (3.59%)