



Garbanzo Salad with Pomegranate Seed



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



275 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon cayenne
- ☐ 1 cup cucumber diced peeled ()
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 30 oz garbanzos rinsed drained canned
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 cup mild onion chopped
- ☐ 1 cup pomegranate seeds

- ☐ 6 servings salt and pepper
- ☐ 1 tablespoon sugar

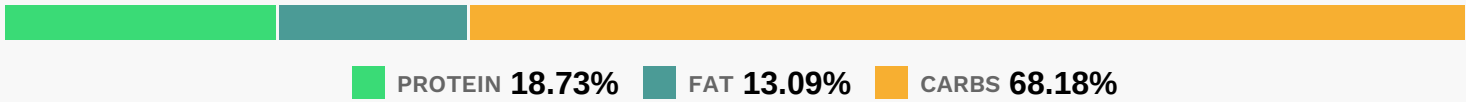
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 6- to 8-inch frying pan over low heat, stir cumin until fragrant, 3 to 4 minutes. Scrape cumin into a large bowl and add lime juice, sugar, chopped cilantro, and cayenne.
- ☐ Add pomegranate seeds, garbanzos, cucumber, and onion to bowl.
- ☐ Mix and add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:45.64, Glycemic Load:11.66, Inflammation Score:-7, Nutrition Score:18.013913040576%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 275.36kcal (13.77%), Fat: 4.17g (6.41%), Saturated Fat: 0.44g (2.72%), Carbohydrates: 48.83g (16.28%), Net Carbohydrates: 36.48g (13.27%), Sugar: 13.77g (15.3%), Cholesterol: 0mg (0%), Sodium: 206.28mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.41g (26.82%), Manganese: 1.54mg (77.06%), Folate: 262.7µg (65.68%), Fiber: 12.35g (49.39%), Copper: 0.57mg (28.44%), Phosphorus: 259.52mg (25.95%), Iron: 4.5mg (24.99%),

Magnesium: 77.49mg (19.37%), Potassium: 548.63mg (15.68%), Zinc: 2.35mg (15.67%), Vitamin C: 11.68mg (14.16%),
Vitamin B1: 0.2mg (13.43%), Vitamin B6: 0.25mg (12.73%), Vitamin K: 12.09µg (11.52%), Calcium: 82.58mg (8.26%),
Selenium: 5.52µg (7.89%), Vitamin B2: 0.12mg (6.9%), Vitamin B5: 0.6mg (5.96%), Vitamin E: 0.73mg (4.85%),
Vitamin B3: 0.88mg (4.42%), Vitamin A: 98.72IU (1.97%)