



Giada's Ceci, Pistachio and Almond Mix

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

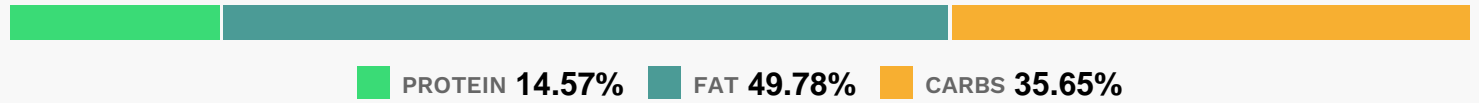
Ingredients

- 1 cup almonds raw (blanched or not)
- 0.5 teaspoon ground pepper
- 1 teaspoon sea salt
- 15 ounce chickpeas dried rinsed drained canned
- 1 tablespoon granulated sugar
- 4 tablespoons olive oil
- 1 cup pistachios raw shelled
- 1 tablespoon rosemary leaves fresh chopped

1 tablespoon thyme sprigs fresh chopped

Equipment

Nutrition Facts



Properties

Glycemic Index:24.45, Glycemic Load:6.45, Inflammation Score:-9, Nutrition Score:25.038695652174%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 452.65kcal (22.63%), Fat: 26.16g (40.25%), Saturated Fat: 2.85g (17.8%), Carbohydrates: 42.16g (14.05%), Net Carbohydrates: 28.9g (10.51%), Sugar: 9.15g (10.17%), Cholesterol: 0mg (0%), Sodium: 304.11mg (13.22%), Protein: 17.24g (34.47%), Manganese: 1.79mg (89.26%), Folate: 312.58µg (78.15%), Fiber: 13.26g (53.04%), Vitamin E: 6.41mg (42.74%), Copper: 0.84mg (42.03%), Phosphorus: 357.32mg (35.73%), Magnesium: 129.82mg (32.45%), Vitamin B6: 0.58mg (28.86%), Vitamin B1: 0.42mg (28.33%), Iron: 4.8mg (26.69%), Potassium: 763.4mg (21.81%), Vitamin B2: 0.35mg (20.41%), Zinc: 2.74mg (18.28%), Calcium: 124.83mg (12.48%), Vitamin B5: 1.01mg (10.13%), Selenium: 6.19µg (8.84%), Vitamin K: 9.1µg (8.67%), Vitamin B3: 1.7mg (8.48%), Vitamin C: 4.54mg (5.5%), Vitamin A: 200.49IU (4.01%)