






 **5%**  
HEALTH SCORE

# Greek Salad Sandwich

 Vegetarian

READY IN  
  
**45 min.**

SERVINGS  
  
**4**

CALORIES  
  
**395 kcal**

ANTIPASTI    STARTER    SNACK    APPETIZER

## Ingredients

- 1 cup garbanzo beans canned rinsed drained
- 2 tablespoons juice of lemon fresh
- 2 tablespoons olive oil extra virgin extra-virgin
- 0.3 cup parsley fresh
- 0.5 small onion red thinly sliced
- 1 serving coarse mustard
- 3 ounces feta cheese crumbled
- 8 slices bread crumbs

- 0.5 medium cucumber thinly sliced
- 1 tomatoes thinly sliced

## Equipment

- food processor
- bowl

## Directions

- In a food processor, pulse chickpeas, 1 tablespoon lemon juice, 1 tablespoon olive oil, and parsley until finely chopped. In a small bowl, stir together onion, 1 tablespoon lemon juice, and 2 teaspoons olive oil and season with salt and pepper. In another small bowl, mash feta with 1 tablespoon olive oil.
- Spread chickpea mixture on 4 slices bread. Top with cucumber, tomato, and onion mixture; season with salt and pepper.
- Spread feta mixture on 4 more bread slices and place on top of sandwiches.

## Nutrition Facts

**PROTEIN 9.02%** **FAT 59.96%** **CARBS 31.02%**

## Properties

Glycemic Index:52.83, Glycemic Load:2.42, Inflammation Score:-6, Nutrition Score:12.966086956522%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

## Nutrients (% of daily need)

Calories: 395.32kcal (19.77%), Fat: 26.7g (41.07%), Saturated Fat: 11.59g (72.41%), Carbohydrates: 31.08g (10.36%), Net Carbohydrates: 26.9g (9.78%), Sugar: 14.34g (15.93%), Cholesterol: 18.92mg (6.31%), Sodium: 523.42mg (22.76%), Protein: 9.04g (18.07%), Vitamin K: 70.41µg (67.06%), Manganese: 0.42mg (21.23%), Vitamin B6: 0.35mg

(17.28%), Vitamin C: 13.97mg (16.93%), Fiber: 4.18g (16.73%), Folate: 60.28µg (15.07%), Vitamin B2: 0.24mg (14.3%), Phosphorus: 140.02mg (14%), Vitamin A: 687.63IU (13.75%), Calcium: 135.41mg (13.54%), Vitamin B3: 2.33mg (11.67%), Iron: 1.95mg (10.82%), Potassium: 316.59mg (9.05%), Vitamin B1: 0.13mg (8.98%), Vitamin E: 1.27mg (8.44%), Magnesium: 32.61mg (8.15%), Zinc: 1.15mg (7.64%), Selenium: 4.54µg (6.48%), Vitamin B12: 0.36µg (5.99%), Copper: 0.12mg (5.93%), Vitamin B5: 0.46mg (4.61%)