



WHATSheATE



HEALTH SCORE

52%

Hawaiian BBQ: Teriyaki Chickpeas



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



15 ounces chickpeas drained and rinsed



2 cups brown rice cooked



1 tbsp szechuan sauce



1 cup salsa



0.3 cup teriyaki sauce

Equipment



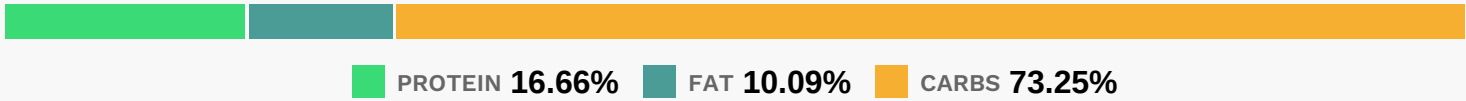
frying pan

Directions

☐ Combine chickpeas, teriyaki, szechuan and sugar in a large frying pan. Allow everything to sit and 'marinate' at least 5 minutes (the longer the better). Turn heat to medium and cook, stirring regularly or until most of the liquid has absorbed, about 10 minutes. Spoon chickpeas over rice and top with fresh pineapple or mango salsa.Chef's Note: If you want to create your own pineapple and mango salsa, mix equal parts chopped pineapple and mango with minced red onion, fresh cilantro, and lime juice to taste.Nutritional Information

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 40g
- ☐ Carbohydrate
- ☐ 40gDietary Fiber12.80gSugars15gProtein19.10g

Nutrition Facts



Properties

Glycemic Index:38.97, Glycemic Load:32.95, Inflammation Score:-9, Nutrition Score:33.838260899419%

Nutrients (% of daily need)

Calories: 645.99kcal (32.3%), Fat: 7.39g (11.36%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 120.65g (40.22%), Net Carbohydrates: 98.6g (35.85%), Sugar: 21.97g (24.41%), Cholesterol: 0mg (0%), Sodium: 2338.43mg (101.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.44g (54.87%), Manganese: 4.48mg (223.8%), Folate: 381.59µg (95.4%), Fiber: 22.05g (88.18%), Phosphorus: 604.39mg (60.44%), Magnesium: 229.32mg (57.33%), Copper: 1.03mg (51.34%), Iron: 8.34mg (46.31%), Vitamin B6: 0.85mg (42.54%), Potassium: 1189.18mg (33.98%), Vitamin B1: 0.5mg (33.46%), Zinc: 4.76mg (31.72%), Vitamin B3: 5.63mg (28.13%), Vitamin B5: 1.71mg (17.07%), Calcium: 169.08mg (16.91%), Vitamin E: 2.33mg (15.53%), Vitamin A: 681.41IU (13.63%), Selenium: 9.43µg (13.48%), Vitamin K: 13.96µg (13.3%), Vitamin B2: 0.22mg (13.19%), Vitamin C: 5.23mg (6.34%)