

 100%
HEALTH SCORE

Hot chickpeas with spinach & bacon



Gluten Free



Dairy Free



Very Healthy

READY IN



7 min.

SERVINGS



1

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 1 rasher back bacon lean
- ☐ 1 garlic clove thinly sliced
- ☐ 1 tbsp red-wine vinegar
- ☐ 2 tbsp chickpeas washed canned drained
- ☐ 0.5 bag baby leaf spinach

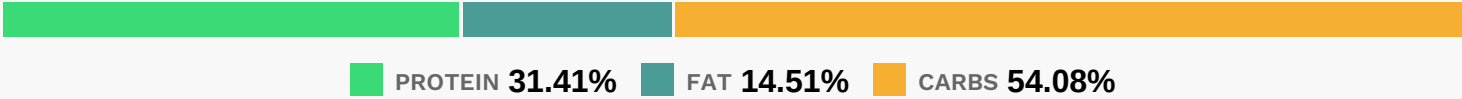
Equipment

- ☐ frying pan

Directions

☐ Cut the bacon rasher into shreds and cook in a hot non-stick pan with the garlic clove. Stir in the wine vinegar and chickpeas. Toss in the baby leaf spinach, stirring until wilted. Season if you want to, then serve hot.

Nutrition Facts



Properties

Glycemic Index:102.33, Glycemic Load:2.01, Inflammation Score:-10, Nutrition Score:26.952608690962%

Flavonoids

Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 9.07mg, Kaempferol: 9.07mg, Kaempferol: 9.07mg, Kaempferol: 9.07mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 67.54kcal (3.38%), Fat: 1.21g (1.87%), Saturated Fat: 0.17g (1.09%), Carbohydrates: 10.19g (3.4%), Net Carbohydrates: 5.7g (2.07%), Sugar: 0.63g (0.7%), Cholesterol: 0.5mg (0.17%), Sodium: 205.1mg (8.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Vitamin K: 685.91µg (653.25%), Vitamin A: 13320.04IU (266.4%), Manganese: 1.57mg (78.64%), Folate: 283µg (70.75%), Vitamin C: 40.94mg (49.63%), Magnesium: 121.68mg (30.42%), Potassium: 856.21mg (24.46%), Iron: 4.34mg (24.09%), Vitamin B6: 0.46mg (22.89%), Vitamin E: 2.89mg (19.25%), Fiber: 4.49g (17.95%), Vitamin B2: 0.28mg (16.34%), Calcium: 157.33mg (15.73%), Copper: 0.24mg (12.04%), Phosphorus: 101.44mg (10.14%), Vitamin B1: 0.13mg (8.92%), Zinc: 1.01mg (6.73%), Vitamin B3: 1.15mg (5.75%), Selenium: 2.69µg (3.84%), Vitamin B5: 0.2mg (2.04%)