



Lemony Chickpea Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



4 min.

SERVINGS



4

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 small garlic clove minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin

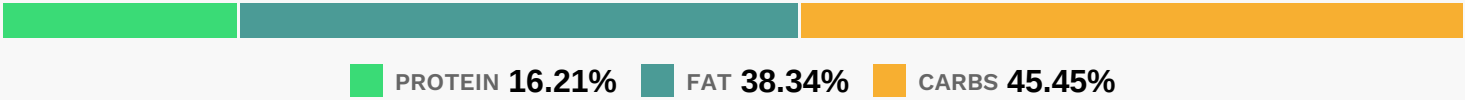
Equipment

- ☐ bowl

Directions

- ☐ Combine first 5 ingredients in a medium bowl. Stir in chickpeas.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:25.58, Glycemic Load:3.98, Inflammation Score:-3, Nutrition Score:7.8708695095518%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 126.97kcal (6.35%), Fat: 5.6g (8.62%), Saturated Fat: 0.7g (4.41%), Carbohydrates: 14.94g (4.98%), Net Carbohydrates: 10.18g (3.7%), Sugar: 0.12g (0.13%), Cholesterol: 0mg (0%), Sodium: 297.36mg (12.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.66%), Manganese: 0.89mg (44.26%), Vitamin B6: 0.52mg (25.8%), Fiber: 4.76g (19.04%), Vitamin K: 18.59µg (17.7%), Phosphorus: 87.26mg (8.73%), Copper: 0.17mg (8.38%), Iron: 1.42mg (7.87%), Magnesium: 29.71mg (7.43%), Folate: 28.89µg (7.22%), Zinc: 0.76mg (5.05%), Potassium: 166.75mg (4.76%), Calcium: 40.41mg (4.04%), Vitamin C: 3.12mg (3.78%), Vitamin E: 0.54mg (3.61%), Vitamin B5: 0.33mg (3.32%), Selenium: 2.25µg (3.21%), Vitamin B1: 0.04mg (2.5%), Vitamin A: 119.01IU (2.38%), Vitamin B2: 0.02mg (1.11%)