



Marinated Chicken and Chickpea Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15.5 ounce chickpeas drained and rinsed canned (garbanzo beans)
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 small garlic clove minced
- ☐ 0.3 cup juice of lemon fresh (3 lemons)
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons julienne-cut radish

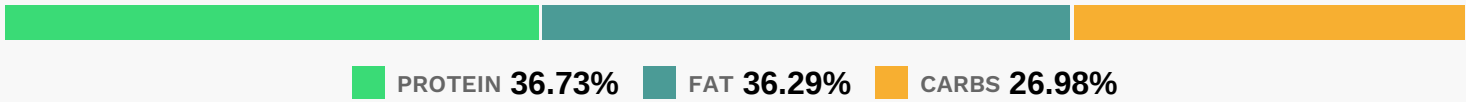
- ☐ 0.3 teaspoon salt
- ☐ 3 cups spinach leaves
- ☐ 2 tablespoons freshparsley chopped
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Equipment

Directions

- ☐ Combine first 10 ingredients; toss well. Cover and chill at least 1 hour.
- ☐ Serve over arugula.

Nutrition Facts



Properties

Glycemic Index:27.72, Glycemic Load:2.84, Inflammation Score:-8, Nutrition Score:14.813478210698%

Flavonoids

Pelargonidin: 3.11mg, Pelargonidin: 3.11mg, Pelargonidin: 3.11mg, Pelargonidin: 3.11mg Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 1.56mg, Hesperetin: 1.56mg, Hesperetin: 1.56mg, Hesperetin: 1.56mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 171.02kcal (8.55%), Fat: 6.96g (10.7%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 7.88g (2.86%), Sugar: 0.42g (0.46%), Cholesterol: 35mg (11.67%), Sodium: 349.77mg (15.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.84g (31.69%), Vitamin K: 74.06µg (70.54%), Manganese: 0.78mg (38.76%), Vitamin A: 1473.52IU (29.47%), Vitamin B6: 0.58mg (29.13%), Vitamin B3: 3.92mg (19.61%), Selenium: 13.21µg (18.87%), Phosphorus: 158.84mg (15.88%), Fiber: 3.76g (15.04%), Folate: 53.99µg (13.5%), Vitamin C: 9.37mg (11.36%), Iron: 1.97mg (10.94%), Magnesium: 43.46mg (10.87%), Potassium: 325.88mg (9.31%), Zinc: 1.33mg (8.86%), Copper: 0.17mg (8.38%), Vitamin B5: 0.71mg (7.11%), Vitamin B2: 0.11mg (6.72%), Calcium: 51.31mg (5.13%), Vitamin B1: 0.07mg (4.59%), Vitamin E: 0.66mg (4.38%), Vitamin B12: 0.14µg (2.26%)