

Marinated Garbanzo Salad

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



383 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 stalks celery thinly sliced
- 0.5 cup cilantro leaves fresh chopped
- 30 oz garbanzos drained and rinsed canned
- 2 cloves garlic minced peeled
- 2 tablespoons juice of lemon
- 0.5 cup onion red chopped
- 0.5 cup rice vinegar
- 1 cup roasted peppers red cut into strips

- 4 servings try build-a-meal
- 4 servings salt and pepper
- 1 teaspoon sugar

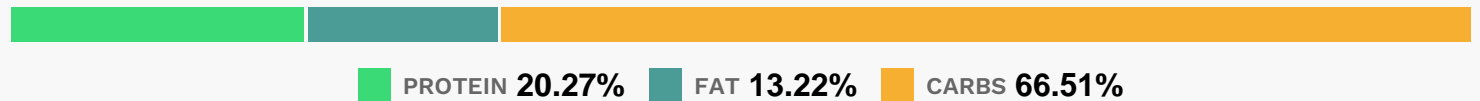
Equipment

- bowl

Directions

- In a bowl, combine garbanzos, peppers, onion, celery, garlic, cilantro, vinegar, lemon juice, and sugar; add salt and pepper to taste. Cover and chill at least 2 hours or up to 2 days.

Nutrition Facts



Properties

Glycemic Index:66.71, Glycemic Load:12.2, Inflammation Score:-8, Nutrition Score:26.711739249851%

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: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg

Nutrients (% of daily need)

Calories: 382.97kcal (19.15%), Fat: 5.73g (8.82%), Saturated Fat: 0.61g (3.83%), Carbohydrates: 64.91g (21.64%), Net Carbohydrates: 47.34g (17.21%), Sugar: 12.56g (13.96%), Cholesterol: 0mg (0%), Sodium: 706.53mg (30.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.78g (39.56%), Manganese: 2.41mg (120.6%), Folate: 385.24µg (96.31%), Fiber: 17.58g (70.3%), Copper: 0.83mg (41.4%), Phosphorus: 386.25mg (38.63%), Iron: 6.65mg (36.94%), Vitamin C: 25.05mg (30.36%), Magnesium: 114.26mg (28.56%), Zinc: 3.47mg (23.11%), Potassium: 783.19mg (22.38%), Vitamin B6: 0.43mg (21.28%), Vitamin K: 20.73µg (19.74%), Vitamin B1: 0.28mg (18.53%), Calcium: 138.24mg (13.82%), Selenium: 9.07µg (12.95%), Vitamin B2: 0.17mg (10.03%), Vitamin A: 465.26IU (9.31%), Vitamin B3: 1.49mg (7.46%), Vitamin B5: 0.74mg (7.4%), Vitamin E: 0.88mg (5.86%)