



HEALTH SCORE

63%

Marinated Zucchini and Chickpea Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



16 min.

SERVINGS



4

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups chickpeas rinsed cooked drained (or 1 can, and)
- ☐ 4 servings herbs: rosemary fresh to taste (such as mint, basil, or oregano)
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 4 servings pepper black generous
- ☐ 0.5 large bell pepper red cut into 1-inch long slices
- ☐ 0.5 cup onion red chopped
- ☐ 4 servings salt to taste

☐

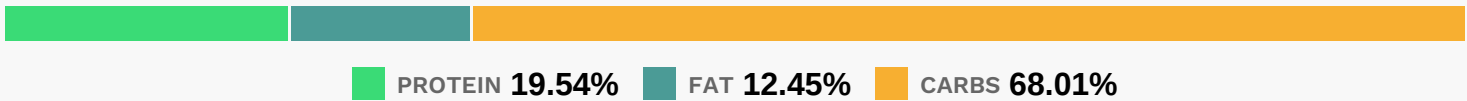
2 tablespoons citrus champagne vinegar

Equipment

Directions

- ☐ Combine all ingredients in a non-metal container. Cover tightly and refrigerate for at least 6 hours (24 hours is optimal), stirring occasionally. Check the seasonings and add more salt and lemon juice or vinegar if you think it needs it.
- ☐ Serve sprinkled with additional fresh herbs.

Nutrition Facts



Properties

Glycemic Index:44.69, Glycemic Load:4, Inflammation Score:-8, Nutrition Score:14.009565311929%

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: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 121.19kcal (6.06%), Fat: 1.73g (2.67%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 21.32g (7.11%), Net Carbohydrates: 15.66g (5.7%), Sugar: 4.9g (5.44%), Cholesterol: 0mg (0%), Sodium: 202.9mg (8.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.25%), Vitamin K: 69.33µg (66.03%), Vitamin C: 37.25mg (45.15%), Manganese: 0.73mg (36.56%), Folate: 126.65µg (31.66%), Fiber: 5.66g (22.62%), Vitamin A: 996.95IU (19.94%), Iron: 2.23mg (12.4%), Copper: 0.24mg (12.08%), Phosphorus: 120.42mg (12.04%), Vitamin B6: 0.2mg (9.75%), Magnesium: 37.28mg (9.32%), Potassium: 291.61mg (8.33%), Zinc: 1.09mg (7.29%), Vitamin B1: 0.1mg (6.66%), Calcium: 45.87mg (4.59%), Vitamin B2: 0.07mg (4.03%), Vitamin E: 0.59mg (3.91%), Selenium: 2.63µg (3.75%), Vitamin B3: 0.62mg (3.09%), Vitamin B5: 0.3mg (3.02%)