



## Mediterranean Chickpea Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



418 kcal

SIDE DISH

### Ingredients

- 4 servings goya® adobo seasoning with pepper, to taste all-purpose
- 0.5 pint cherry tomatoes quartered
- 15.5 ounce goya® chick peas drained and rinsed low sodium canned
- 1 cucumber seeded chopped
- 0.3 cup goya® extra virgin olive oil
- 2 tablespoons parsley fresh coarsely chopped
- 1 tablespoon goya® lemon juice
- 4 ounces mozzarella cheese cut into 1/2 inch cubes

0.3 onion red finely chopped

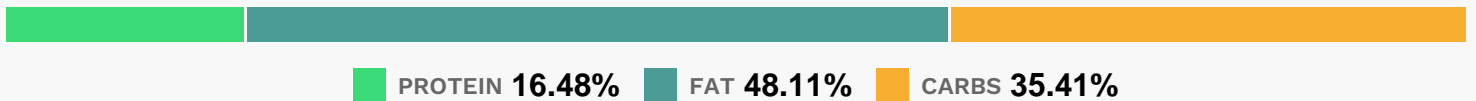
## Equipment

- bowl
- whisk
- mixing bowl

## Directions

- In medium mixing bowl, gently stir together chickpeas, tomatoes, cucumbers, cheese, onions and parsley until combined; set aside.
- In separate medium bowl, stir together lemon juice and Adobo. Using whisk, add olive oil in slow steady stream, whisking constantly until oil is well incorporated.
- Toss olive oil-lemon dressing with reserved vegetables until coated completely.
- Serve chilled or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:32.94, Glycemic Load:6.2, Inflammation Score:-8, Nutrition Score:22.017826132152%

## 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: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

## Nutrients (% of daily need)

Calories: 418.42kcal (20.92%), Fat: 22.92g (35.26%), Saturated Fat: 5.92g (37%), Carbohydrates: 37.94g (12.65%), Net Carbohydrates: 28.19g (10.25%), Sugar: 8.55g (9.5%), Cholesterol: 22.4mg (7.47%), Sodium: 196.95mg (8.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.67g (35.33%), Manganese: 1.3mg (64.94%), Folate: 215.63µg (53.91%), Vitamin K: 53.07µg (50.54%), Fiber: 9.75g (39.01%), Phosphorus: 333.1mg (33.31%), Vitamin C: 21.97mg

(26.63%), Copper: 0.51mg (25.48%), Iron: 4.25mg (23.63%), Calcium: 221.07mg (22.11%), Magnesium: 76.95mg (19.24%), Zinc: 2.84mg (18.96%), Vitamin E: 2.78mg (18.52%), Potassium: 633.07mg (18.09%), Vitamin B6: 0.31mg (15.48%), Vitamin A: 733.37IU (14.67%), Selenium: 10.01µg (14.3%), Vitamin B1: 0.2mg (13.29%), Vitamin B2: 0.19mg (11.17%), Vitamin B12: 0.65µg (10.77%), Vitamin B5: 0.65mg (6.54%), Vitamin B3: 1.01mg (5.06%)