



WHATSheATE



Mediterranean Chickpea Salad



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



386 kcal

SIDE DISH

Ingredients

- ☐ 2 bunches baby arugula dry cleaned
- ☐ 10.5 oz garbanzo beans drained and rinsed canned
- ☐ 1 cup cherries
- ☐ 1 clove garlic minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 tsp lemon zest
- ☐ 4 ounces manchego cheese chopped
- ☐ 1 cup mint leaves loosely packed coarsely chopped

- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 4 servings salt and pepper
- ☐ 4 servings tomatoes cut into quarters (8 oz.)

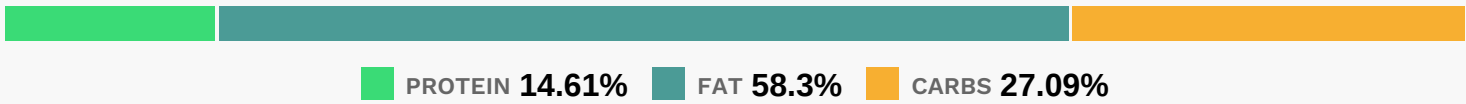
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Toss cheese, chickpeas, mint, olive oil, garlic and lemon zest together in a medium bowl; season with salt to taste. Set mixture aside to marinate at room temperature for 15 to 30 minutes, or cover with plastic wrap and let it marinate in refrigerator overnight.
- ☐ Add lemon juice and tomatoes to cheese-chickpea mixture and toss to coat thoroughly.
- ☐ Divide arugula among 4 individual serving plates and spoon marinated cheese mixture on top. Grind freshly cracked black pepper directly over each salad.
- ☐ Garnish with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:40.58, Glycemic Load:6.06, Inflammation Score:-10, Nutrition Score:24.256086950717%

Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Isorhamnetin: 2.45mg, Isorhamnetin: 2.45mg, Isorhamnetin: 2.45mg, Isorhamnetin: 2.45mg Kaempferol: 19.96mg, Kaempferol: 19.96mg, Kaempferol: 19.96mg, Kaempferol: 19.96mg

Kaempferol: 19.96mg, Kaempferol: 19.96mg, Kaempferol: 19.96mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg

Nutrients (% of daily need)

Calories: 385.7kcal (19.29%), Fat: 26.01g (40.01%), Saturated Fat: 9.25g (57.79%), Carbohydrates: 27.18g (9.06%), Net Carbohydrates: 19.1g (6.95%), Sugar: 10.54g (11.71%), Cholesterol: 30.33mg (10.11%), Sodium: 601.01mg (26.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.33%), Vitamin K: 84.67µg (80.64%), Vitamin A: 3508.1IU (70.16%), Manganese: 1.17mg (58.28%), Vitamin C: 43.31mg (52.49%), Calcium: 472.68mg (47.27%), Fiber: 8.08g (32.32%), Vitamin B6: 0.58mg (29.13%), Folate: 116.23µg (29.06%), Potassium: 894.96mg (25.57%), Vitamin E: 3.2mg (21.31%), Magnesium: 80mg (20%), Iron: 3.02mg (16.8%), Copper: 0.32mg (16.25%), Phosphorus: 149.41mg (14.94%), Vitamin B1: 0.14mg (9.17%), Zinc: 1.25mg (8.33%), Vitamin B2: 0.14mg (8.11%), Vitamin B3: 1.6mg (7.99%), Vitamin B5: 0.75mg (7.53%), Selenium: 1.78µg (2.54%)