



Mediterranean Chickpea Salad I

 Vegetarian  Gluten Free

READY IN



195 min.

SERVINGS



4

CALORIES



305 kcal

SIDE DISH

Ingredients

- 15 ounce garbanzo beans drained and rinsed canned (chickpeas)
- 1 cup feta cheese crumbled
- 1 tablespoon cilantro leaves fresh chopped
- 2 cloves garlic minced
- 2 tablespoons juice of lemon
- 0.5 cup oil-packed sun-dried tomatoes drained cut into strips
- 2 tablespoons olive oil
- 1 onion red chopped

4 servings salt to taste

Equipment

bowl

whisk

Directions

In a bowl, mix the garbanzo beans, sun-dried tomatoes, feta cheese, onion, garlic, and cilantro. In a separate bowl, whisk together the olive oil, lemon juice, and salt, and pour over the salad. Refrigerate at least 3 hours before serving.

Nutrition Facts

 **PROTEIN 16.24%**  **FAT 49.76%**  **CARBS 34%**

Properties

Glycemic Index:46.58, Glycemic Load:6.79, Inflammation Score:-6, Nutrition Score:17.160000075465%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg 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: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 305.19kcal (15.26%), Fat: 17.6g (27.07%), Saturated Fat: 6.24g (39.03%), Carbohydrates: 27.06g (9.02%), Net Carbohydrates: 20.16g (7.33%), Sugar: 6.54g (7.27%), Cholesterol: 33.38mg (11.13%), Sodium: 933.16mg (40.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.92g (25.84%), Manganese: 1.2mg (59.82%), Vitamin B6: 0.76mg (38.13%), Fiber: 6.89g (27.57%), Phosphorus: 271.29mg (27.13%), Calcium: 246.96mg (24.7%), Vitamin B2: 0.41mg (24.12%), Potassium: 702.48mg (20.07%), Copper: 0.39mg (19.33%), Magnesium: 66.11mg (16.53%), Iron: 2.93mg (16.3%), Zinc: 2.16mg (14.37%), Folate: 54.76µg (13.69%), Vitamin C: 10.93mg (13.25%), Selenium: 8.87µg (12.67%), Vitamin B1: 0.18mg (12.13%), Vitamin K: 11.25µg (10.71%), Vitamin B12: 0.63µg (10.56%), Vitamin B5: 1.02mg (10.21%), Vitamin B3: 1.8mg (9.02%), Vitamin E: 1.1mg (7.32%), Vitamin A: 302.25IU (6.05%)