



Mediterranean Chickpea Salad II



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce garbanzo beans drained and rinsed canned (chickpeas)
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 small clove garlic minced
- ☐ 0.5 medium bell pepper diced green
- ☐ 1 juice of lemon juiced
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion finely chopped
- ☐ 1 roma tomato diced seeded (plum)

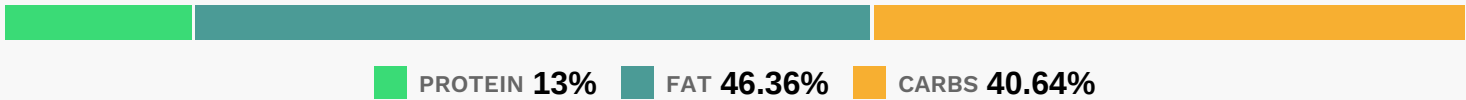
Equipment

☐ bowl

Directions

☐ In a bowl, toss together the garbanzo beans, roma tomato, green bell pepper, onion, garlic, parsley, olive oil, and lemon juice. Cover, and chill until serving.

Nutrition Facts



Properties

Glycemic Index:44.33, Glycemic Load:4.54, Inflammation Score:-5, Nutrition Score:10.278695728468%

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: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 171.33kcal (8.57%), Fat: 9.18g (14.12%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 18.1g (6.03%), Net Carbohydrates: 12.61g (4.59%), Sugar: 1.71g (1.9%), Cholesterol: 0mg (0%), Sodium: 298.37mg (12.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.58%), Manganese: 0.94mg (47.15%), Vitamin B6: 0.58mg (29.16%), Vitamin C: 19.95mg (24.18%), Fiber: 5.49g (21.94%), Vitamin K: 23.02µg (21.93%), Phosphorus: 99.15mg (9.91%), Copper: 0.19mg (9.67%), Folate: 36.76µg (9.19%), Magnesium: 34.78mg (8.7%), Iron: 1.56mg (8.65%), Vitamin E: 1.17mg (7.8%), Potassium: 257.75mg (7.36%), Vitamin A: 285.21IU (5.7%), Zinc: 0.83mg (5.55%), Calcium: 47.53mg (4.75%), Vitamin B1: 0.06mg (4.03%), Vitamin B5: 0.39mg (3.86%), Selenium: 2.33µg (3.33%), Vitamin B2: 0.03mg (1.81%), Vitamin B3: 0.35mg (1.74%)