



Mediterranean Chickpeas with Vegetables

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.5 teaspoon pepper black
- 19 ounce chickpeas rinsed drained canned (garbanzo beans)
- 28 ounce canned tomatoes diced undrained canned
- 2 cups rice long-grain hot cooked
- 2 teaspoons basil dried
- 1 garlic clove minced
- 1 tablespoon olive oil

- 1 cup onion diced
- 1 ounce parmesan cheese fresh grated
- 4 servings try build-a-meal
- 0.1 teaspoon salt
- 0.5 teaspoon sugar
- 2 cups zucchini diced ()

Equipment

- frying pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat until hot.
- Add onion and garlic; saut 3 minutes.
- Add basil and next 5 ingredients (basil through tomatoes). Bring to a boil, and reduce heat to medium. Cook 5 minutes, stirring occasionally. Stir in chickpeas; cook 3 minutes.
- Add zucchini; cover and cook 3 minutes or until zucchini is tender. Discard bay leaves.
- Serve with rice; sprinkle with cheese.

Nutrition Facts



PROTEIN 16.22% **FAT 20.53%** **CARBS 63.25%**

Properties

Glycemic Index:97.11, Glycemic Load:34.45, Inflammation Score:-8, Nutrition Score:26.095652211619%

Flavonoids

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: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg

Nutrients (% of daily need)

Calories: 378.2kcal (18.91%), Fat: 9.04g (13.9%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 62.65g (20.88%), Net Carbohydrates: 50.83g (18.48%), Sugar: 12.6g (14%), Cholesterol: 4.82mg (1.61%), Sodium: 830.52mg (36.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.06g (32.12%), Manganese: 2.16mg (108.25%), Vitamin B6: 1.19mg (59.26%), Fiber: 11.82g (47.27%), Vitamin C: 32.71mg (39.65%), Copper: 0.7mg (34.89%), Potassium: 1056.85mg (30.2%), Phosphorus: 298.84mg (29.88%), Iron: 5.36mg (29.76%), Magnesium: 110.52mg (27.63%), Calcium: 240.26mg (24.03%), Vitamin K: 24.62µg (23.45%), Folate: 86.66µg (21.67%), Vitamin E: 3.18mg (21.23%), Selenium: 12.38µg (17.68%), Vitamin B1: 0.26mg (17.46%), Vitamin B3: 3.35mg (16.75%), Zinc: 2.42mg (16.12%), Vitamin B5: 1.5mg (14.97%), Vitamin B2: 0.24mg (13.93%), Vitamin A: 635.37IU (12.71%), Vitamin B12: 0.09µg (1.42%)