






 **66%**
HEALTH SCORE

Mexican-Style Chick-Pea Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN

22 min.

SERVINGS

6

CALORIES

287 kcal

SIDE DISH **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 6 servings pepper black freshly ground
- 2 chipotle chiles in adobo canned
- 4 cups chick-peas canned drained (2 19-ounce cans)
- 3 tablespoons cilantro leaves fresh chopped
- 2 garlic cloves
- 3 jalapeño chiles fresh
- 0.3 cup lime juice plus additional fresh to taste
- 0.3 cup olive oil extra-virgin

- 1 medium onion
- 3 medium vine-ripened tomatoes

Equipment

- bowl

Directions

- Rinse chipotles. Wearing rubber gloves, separately seed and mince chipotles and jalapenos. Mince onion and garlic. Peel, seed, and chop tomatoes. Rinse and drain chick-peas, and in a large bowl stir together all ingredients except additional lime juice.
- Chill the salad, covered, at least 2 hours and up to 1 day. Season salad with salt and add additional lime juice.
- Serve salad at cool room temperature.

Nutrition Facts

■ PROTEIN **14.29%** ■ FAT **36.4%** ■ CARBS **49.31%**

Properties

Glycemic Index:36.13, Glycemic Load:6.78, Inflammation Score:-8, Nutrition Score:16.741739086483%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 286.94kcal (14.35%), Fat: 12.02g (18.49%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 36.62g (12.21%), Net Carbohydrates: 26.48g (9.63%), Sugar: 8.45g (9.39%), Cholesterol: 0mg (0%), Sodium: 12.39mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.61g (21.23%), Manganese: 1.26mg (62.94%), Folate: 203.83µg (50.96%), Fiber: 10.15g (40.59%), Vitamin C: 22.9mg (27.75%), Copper: 0.44mg (21.95%), Phosphorus: 208.77mg (20.88%), Iron: 3.59mg (19.95%), Vitamin K: 16.88µg (16.08%), Magnesium: 63.41mg (15.85%), Vitamin E: 2.29mg

(15.29%), Potassium: 526.31mg (15.04%), Vitamin B6: 0.27mg (13.47%), Vitamin A: 637.07IU (12.74%), Zinc: 1.84mg (12.27%), Vitamin B1: 0.17mg (11.04%), Calcium: 68.67mg (6.87%), Selenium: 4.32µg (6.18%), Vitamin B2: 0.09mg (5.5%), Vitamin B3: 1.08mg (5.38%), Vitamin B5: 0.43mg (4.33%)