



Moroccan Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



45 kcal

SIDE DISH

Ingredients

- 30 oz chickpeas rinsed drained canned (garbanzo beans)
- 0.5 tsp ground cinnamon
- 0.5 tsp ground cumin
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.5 cup raisins
- 0.5 cup planters slivered almonds

Equipment

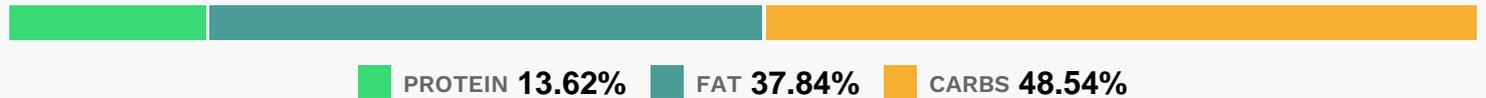
- bowl

whisk

Directions

- Beat dressing, cumin and cinnamon in medium bowl with wire whisk until well blended.
- Add beans and raisins; mix lightly.
- Sprinkle with almonds; cover.
- Refrigerate at least 30 min. before serving.

Nutrition Facts



Properties

Glycemic Index:3.4, Glycemic Load:1.78, Inflammation Score:-1, Nutrition Score:2.2626086726137%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 44.7kcal (2.24%), Fat: 1.97g (3.03%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 5.69g (1.9%), Net Carbohydrates: 4.26g (1.55%), Sugar: 0.43g (0.48%), Cholesterol: 0mg (0%), Sodium: 101.54mg (4.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.19%), Manganese: 0.25mg (12.4%), Vitamin B6: 0.12mg (6.16%), Fiber: 1.43g (5.7%), Vitamin E: 0.47mg (3.14%), Copper: 0.06mg (3.02%), Phosphorus: 29.08mg (2.91%), Magnesium: 11.64mg (2.91%), Iron: 0.44mg (2.45%), Potassium: 66.88mg (1.91%), Vitamin K: 1.89µg (1.8%), Folate: 6.82µg (1.71%), Zinc: 0.22mg (1.49%), Vitamin B2: 0.03mg (1.48%), Calcium: 14.31mg (1.43%)