

Picnic in a Glass

READY IN



180 min.

SERVINGS



8

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 19 oz chickpeas drained and rinsed canned
- ☐ 1.5 cups cucumbers english chopped
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 pt grape tomatoes halved
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 8 servings lemon wedges
- ☐ 5 tablespoons olive oil divided
- ☐ 3 cups coarsely pita chips crushed

- ☐ 0.8 cup radishes chopped
- ☐ 0.3 cup onion red finely chopped
- ☐ 2.5 lb deli-roasted chicken shredded
- ☐ 8 servings yogurt dressing

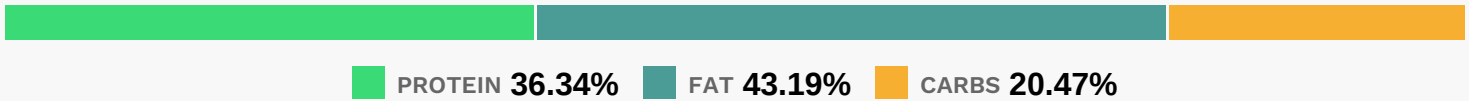
Equipment

- ☐ bowl

Directions

- ☐ Stir together first 4 ingredients and 2 Tbsp. olive oil; stir in shredded chicken.
- ☐ Add table salt and black pepper to taste; let stand 15 minutes.
- ☐ Meanwhile, stir together radishes, onion, and 1 Tbsp. olive oil. Stir together tomatoes and 1 Tbsp. olive oil. Stir together cucumbers and remaining 1 Tbsp. olive oil. Season each mixture with salt and pepper to taste.
- ☐ Layer chickpea mixture, radish mixture, 3/4 cup Yogurt Dressing, tomato mixture, pita chips, and cucumber mixture in a 4-qt. bowl; top with remaining Yogurt Dressing. Cover and chill 2 to 4 hours.
- ☐ Serve with lemon wedges and additional pita chips.

Nutrition Facts



Properties

Glycemic Index:26.73, Glycemic Load:3.27, Inflammation Score:-7, Nutrition Score:22.221739054131%

Flavonoids

Pelargonidin: 6.87mg, Pelargonidin: 6.87mg, Pelargonidin: 6.87mg, Pelargonidin: 6.87mg Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

1.39mg

Nutrients (% of daily need)

Calories: 458.71kcal (22.94%), Fat: 21.85g (33.61%), Saturated Fat: 4.16g (25.99%), Carbohydrates: 23.31g (7.77%), Net Carbohydrates: 18.57g (6.75%), Sugar: 3.15g (3.5%), Cholesterol: 106.44mg (35.48%), Sodium: 424.61mg (18.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.36g (82.71%), Vitamin B3: 12.71mg (63.53%), Selenium: 41.11µg (58.73%), Vitamin B6: 0.99mg (49.47%), Manganese: 0.78mg (39.11%), Phosphorus: 369.09mg (36.91%), Vitamin K: 29.87µg (28.45%), Iron: 3.64mg (20.24%), Zinc: 2.97mg (19.78%), Fiber: 4.74g (18.97%), Potassium: 660.95mg (18.88%), Vitamin B5: 1.8mg (17.97%), Vitamin C: 14.41mg (17.47%), Vitamin E: 2.59mg (17.26%), Vitamin B2: 0.29mg (17.17%), Magnesium: 65.77mg (16.44%), Folate: 60.94µg (15.23%), Vitamin B1: 0.22mg (14.9%), Vitamin A: 721.02IU (14.42%), Copper: 0.26mg (13.04%), Vitamin B12: 0.41µg (6.91%), Calcium: 62.1mg (6.21%)