

 **100%**  
HEALTH SCORE

## Roasted Chickpea Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



157 kcal

SIDE DISH

## Ingredients

- 16 ounce bella mushrooms sliced into thirds
- 16 ounce chickpeas drained canned (garbanzo beans)
- 2 tablespoons hungarian paprika hot
- 1 onion spanish finely chopped
- 1 orange bell pepper diced
- 1 tablespoon oregano dried
- 4 servings sea salt to taste

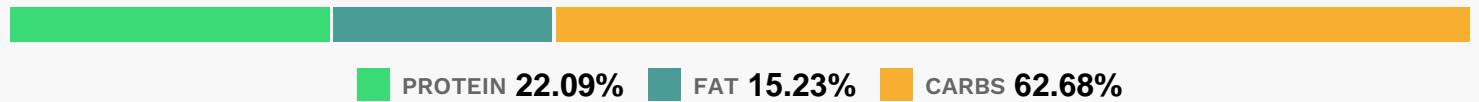
## Equipment

- frying pan
- oven
- casserole dish

## Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Cook and stir onion, mushrooms, and bell pepper in a nonstick skillet over medium heat until just slightly tender, 5 to 10 minutes. Discard any excess water from vegetables.
- Transfer vegetables to a 2-quart casserole dish.
- Add garbanzo beans, paprika, oregano, and salt; stir to coat.
- Bake in the preheated oven until vegetables are tender, about 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:29.83, Glycemic Load:5.22, Inflammation Score:-10, Nutrition Score:25.333913238152%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

## Nutrients (% of daily need)

Calories: 156.66kcal (7.83%), Fat: 2.95g (4.53%), Saturated Fat: 0.37g (2.32%), Carbohydrates: 27.29g (9.1%), Net Carbohydrates: 18.77g (6.83%), Sugar: 4.78g (5.31%), Cholesterol: 0mg (0%), Sodium: 520.82mg (22.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.62g (19.24%), Manganese: 1.28mg (63.8%), Vitamin A: 2694.18IU (53.88%), Vitamin C: 40.29mg (48.83%), Selenium: 32.2µg (45.99%), Vitamin B6: 0.87mg (43.43%), Copper: 0.79mg (39.46%), Vitamin B2: 0.65mg (38.53%), Fiber: 8.51g (34.06%), Vitamin B3: 5.19mg (25.95%), Phosphorus: 255.35mg (25.53%), Potassium: 869.83mg (24.85%), Vitamin B5: 2.27mg (22.68%), Folate: 80.29µg (20.07%), Iron: 3.24mg (17.98%), Zinc: 2.34mg (15.58%), Magnesium: 56.75mg (14.19%), Vitamin B1: 0.19mg (12.43%), Vitamin K: 12.15µg (11.57%), Vitamin E: 1.73mg (11.56%), Calcium: 96.61mg (9.66%), Vitamin B12: 0.11µg (1.89%)