



HEALTH SCORE

64%

Roasted Pepper-and-Chickpea Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 15.5 ounce chickpeas drained canned (garbanzo beans)
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 1 garlic clove crushed
- ☐ 0.5 teaspoon hungarian paprika sweet
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 3 bell peppers red peeled cut into thin strips

- ☐ 0.5 cup onion red vertically sliced
- ☐ 0.3 teaspoon salt

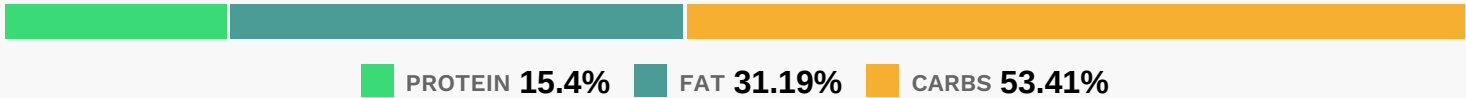
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a medium bowl, and toss salad well.

Nutrition Facts



Properties

Glycemic Index:52.08, Glycemic Load:5.66, Inflammation Score:-10, Nutrition Score:18.373043267623%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 162.91kcal (8.15%), Fat: 5.99g (9.22%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 23.1g (7.7%), Net Carbohydrates: 15.86g (5.77%), Sugar: 4.83g (5.37%), Cholesterol: 0mg (0%), Sodium: 456.19mg (19.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.32%), Vitamin C: 119.33mg (144.64%), Vitamin A: 3025.61IU (60.51%), Manganese: 1.06mg (53.19%), Vitamin B6: 0.82mg (41.19%), Fiber: 7.24g (28.97%), Folate: 74.81µg (18.7%), Vitamin E: 2.04mg (13.58%), Phosphorus: 120.26mg (12.03%), Potassium: 400.81mg (11.45%), Magnesium: 44.02mg (11%), Iron: 1.91mg (10.58%), Vitamin K: 11.11µg (10.58%), Copper: 0.2mg (10.05%), Zinc: 1.05mg (6.98%), Vitamin B5: 0.67mg (6.66%), Vitamin B1: 0.1mg (6.51%), Vitamin B2: 0.11mg (6.19%), Vitamin B3: 1.09mg (5.47%), Calcium: 53.25mg (5.32%), Selenium: 2.53µg (3.62%)