



WHATSheATE



HEALTH SCORE

100%

Salsa Chickpea Lettuce Wraps



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



15 ounces chickpeas drained and rinsed



1 bell pepper diced whole green seeded



10 lettuce leaves whole



1 bell pepper diced whole red seeded



12 ounces salsa

Equipment

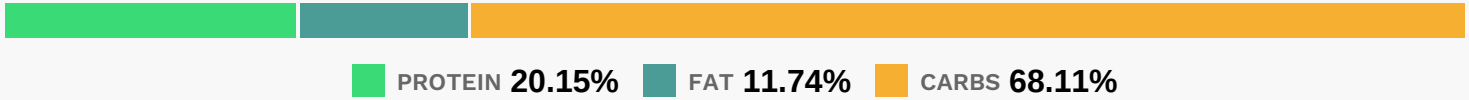


sauce pan

Directions

- ☐
- Combine chickpeas and salsa in a medium sauce pan. Cook over medium-high heat, stirring occasionally, until all of the liquid has absorbed and the chickpeas have taken on the salsa's color, about 8 minutes. For best results, refrigerate over night. Spoon chickpeas into lettuce leaves and top with chopped bell pepper pieces.
- ☐
- Serve chickpeas at any temperature. (Makes about 8 wraps)
- ☐
- Amount Per Serving
- ☐
- Calories
- ☐
- Fat
- ☐
- 40g
- ☐
- Carbohydrate
- ☐
- 20gDietary Fiber22.90gSugars21.40gProtein23.30g

Nutrition Facts



Properties

Glycemic Index:33.88, Glycemic Load:11.77, Inflammation Score:-10, Nutrition Score:41.974782902261%

Flavonoids

Luteolin: 3.17mg, Luteolin: 3.17mg, Luteolin: 3.17mg, Luteolin: 3.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 443.4kcal (22.17%), Fat: 6.11g (9.4%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 79.71g (26.57%), Net Carbohydrates: 57.03g (20.74%), Sugar: 21.81g (24.24%), Cholesterol: 0mg (0%), Sodium: 1168.49mg (50.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.59g (47.18%), Vitamin A: 11841.77IU (236.84%), Vitamin C: 151.59mg (183.75%), Manganese: 2.88mg (144.07%), Folate: 451.43µg (112.86%), Fiber: 22.68g (90.73%), Vitamin B6: 1.02mg (51.07%), Phosphorus: 473.81mg (47.38%), Iron: 8.4mg (46.65%), Copper: 0.91mg (45.42%), Potassium: 1520.05mg (43.43%), Magnesium: 156.26mg (39.07%), Vitamin B1: 0.49mg (32.81%), Vitamin E: 4.34mg (28.93%), Zinc: 4.06mg (27.06%), Vitamin B2: 0.38mg (22.1%), Vitamin K: 22.97µg (21.87%), Vitamin B3: 4.37mg (21.86%), Calcium: 205.13mg (20.51%), Selenium: 10.18µg (14.54%), Vitamin B5: 1.2mg (11.99%)