



Sautéed Chickpeas with Broccoli and Parmesan

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



188 kcal

SIDE DISH

Ingredients

- 2 cups broccoli trimmed chopped
- 10.5 oz chickpeas drained and rinsed canned
- 0.3 teaspoon pepper red crushed
- 4 cloves garlic thinly sliced
- 2 tablespoons olive oil
- 1 small onion thinly sliced
- 0.3 cup parmesan shavings

- 4 servings salt and pepper
- 0.3 cup vegetable broth

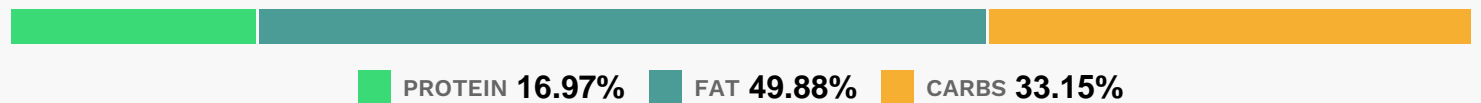
Equipment

- frying pan

Directions

- In a large skillet (preferably one with a lid), warm olive oil over medium heat until hot. Carefully add onion, garlic and salt, and saut, stirring often, until onion becomes transparent and garlic just begins to turn golden brown, 4 to 5 minutes.
- Toss in broccoli; saut for 3 minutes.
- Add chickpeas, broth and red pepper. Stir once, cover and cook for 3 minutes more, just to heat through and finish cooking broccoli.
- Uncover, season with pepper, sprinkle with Parmesan and serve.

Nutrition Facts



Properties

Glycemic Index:50.33, Glycemic Load:4.12, Inflammation Score:-6, Nutrition Score:13.470434889845%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 187.8kcal (9.39%), Fat: 10.82g (16.64%), Saturated Fat: 2.55g (15.93%), Carbohydrates: 16.17g (5.39%), Net Carbohydrates: 11.35g (4.13%), Sugar: 1.76g (1.96%), Cholesterol: 5.67mg (1.89%), Sodium: 630.42mg (27.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.28g (16.56%), Vitamin C: 41.55mg (50.37%), Vitamin K: 49.49µg (47.13%), Manganese: 0.78mg (38.91%), Vitamin B6: 0.5mg (24.87%), Fiber: 4.82g (19.29%), Phosphorus: 156.45mg (15.64%), Calcium: 155.45mg (15.55%), Folate: 50.36µg (12.59%), Vitamin E: 1.42mg (9.49%), Magnesium: 35.69mg (8.92%), Vitamin A: 429.76IU (8.6%), Potassium: 294mg (8.4%), Iron: 1.46mg (8.08%), Copper: 0.16mg

(7.76%), Selenium: 5µg (7.15%), Zinc: 0.99mg (6.62%), Vitamin B2: 0.1mg (5.85%), Vitamin B5: 0.55mg (5.53%),
Vitamin B1: 0.07mg (4.84%), Vitamin B3: 0.46mg (2.28%), Vitamin B12: 0.1µg (1.67%)