



Sea-sational Chickpea Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



5

CALORIES



161 kcal

SIDE DISH

Ingredients

- 0.5 cup carrots coarsely chopped
- 1 rib celery chopped
- 15 ounces chickpeas cooked drained canned (1 can or)
- 1 tablespoon juice of lemon
- 1 teaspoon old bay seasoning
- 0.5 teaspoon salt to taste (or)
- 0.5 cup silken tofu (lite preferred)
- 0.5 teaspoons paprika smoked

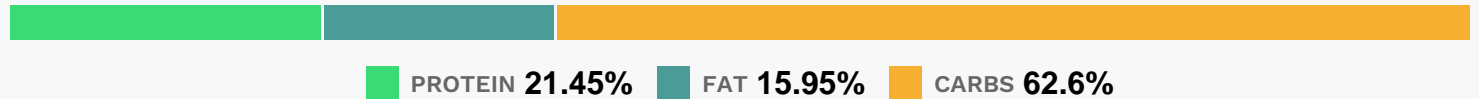
Equipment

- food processor
- bowl

Directions

- Add just enough water to cover and soak for 5 minutes.
- Drain (reserve the soaking water, if you like, and add it to the salad) and set aside.
- Combine the tofu and half the chickpeas in a food processor and pulse several times to mash all of the chickpeas well.
- Add remaining chickpeas and the carrots and pulse once or twice to roughly chop.
- Scrape into a bowl and add all remaining ingredients, including reserved arame. Cover and chill for at least half an hour to allow the flavors to blend. Check seasonings, adding more to taste.
- Serve with raw vegetables or as a sandwich filling.

Nutrition Facts



Properties

Glycemic Index:23.92, Glycemic Load:4.79, Inflammation Score:-9, Nutrition Score:13.022608653359%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 161.31kcal (8.07%), Fat: 2.95g (4.54%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 26.05g (8.68%), Net Carbohydrates: 18.95g (6.89%), Sugar: 5.21g (5.79%), Cholesterol: 0mg (0%), Sodium: 255.19mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.92g (17.84%), Manganese: 0.93mg (46.71%), Vitamin A: 2306.47IU

(46.13%), Folate: 152.85µg (38.21%), Fiber: 7.1g (28.39%), Copper: 0.36mg (18.12%), Phosphorus: 165.5mg (16.55%), Iron: 2.89mg (16.08%), Magnesium: 51.54mg (12.88%), Potassium: 362.27mg (10.35%), Vitamin K: 10.82µg (10.3%), Zinc: 1.49mg (9.92%), Vitamin B1: 0.13mg (8.99%), Vitamin B6: 0.16mg (7.77%), Calcium: 61.2mg (6.12%), Vitamin B2: 0.08mg (4.63%), Selenium: 3.24µg (4.62%), Vitamin C: 3.32mg (4.02%), Vitamin B3: 0.7mg (3.52%), Vitamin E: 0.47mg (3.14%), Vitamin B5: 0.31mg (3.07%)