



South Indian Chickpea Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



162 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce garbanzo beans rinsed drained canned (chickpeas)
- ☐ 0.5 cup carrots diced
- ☐ 0.5 cup cucumber diced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 mangos diced peeled
- ☐ 1 cup pineapple chopped
- ☐ 4 servings salt to taste

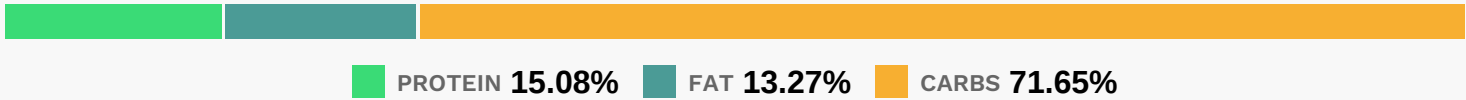
Equipment

☐ bowl

Directions

- ☐ Toss together the garbanzo beans, mango, romaine lettuce, cucumber, carrot, celery, lemon juice, and salt in a large bowl.
- ☐ Let the mixture set for 30 minutes. Top the salad with the pineapple to serve.

Nutrition Facts



Properties

Glycemic Index:53.15, Glycemic Load:11.12, Inflammation Score:-9, Nutrition Score:16.036956434665%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg 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: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 161.67kcal (8.08%), Fat: 2.54g (3.91%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 30.87g (10.29%), Net Carbohydrates: 23.89g (8.69%), Sugar: 12.33g (13.7%), Cholesterol: 0mg (0%), Sodium: 521.41mg (22.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.5g (13%), Manganese: 1.38mg (68.95%), Vitamin A: 3286.25IU (65.72%), Vitamin C: 43.05mg (52.18%), Vitamin B6: 0.68mg (33.91%), Fiber: 6.98g (27.93%), Folate: 64.89µg (16.22%), Copper: 0.3mg (14.83%), Magnesium: 45.11mg (11.28%), Phosphorus: 110.95mg (11.1%), Potassium: 376.77mg (10.76%), Iron: 1.69mg (9.39%), Vitamin B1: 0.1mg (6.73%), Zinc: 0.95mg (6.33%), Vitamin B5: 0.62mg (6.22%), Calcium: 58.92mg (5.89%), Vitamin K: 5.77µg (5.5%), Vitamin B3: 0.87mg (4.35%), Vitamin E: 0.6mg (3.97%), Selenium: 2.66µg (3.8%), Vitamin B2: 0.06mg (3.79%)