



Thai-Inspired Chickpea Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



189 kcal

SIDE DISH

Ingredients

- 1 tablespoon agave nectar
- 1 rib celery diced
- 3 cups chickpeas drained and rinsed canned cooked (or ,)
- 0.5 cup cucumber diced peeled
- 2 tablespoons ginger peeled coarsely chopped
- 2 spring onion
- 1 small jalapeno diced stemmed seeded to taste finely (add more or less)
- 2 teaspoons juice of lime fresh

- 1 teaspoon miso white
- 0.5 cup pineapple fresh cubed
- 0.5 bell pepper diced red seeded
- 6 servings salt to taste
- 1 teaspoon soya sauce
- 0.3 teaspoon tamarind paste (or omit and add extra lime juice)
- 0.3 cup coconut flakes dried unsweetened
- 0.5 cup vegetable stock

Equipment

- sauce pan

Directions

- Pour into a saucepan and add the drained chickpeas. Bring to a simmer and cook for 2 minutes.
- Remove from heat, add the lime juice, and refrigerate to cool completely. Thinly slice the green onion tops and add them, the other vegetables, and the pineapple to the chickpeas and toss well to combine.
- Add salt and additional lime juice to taste. Refrigerate to chill thoroughly (tastes best if allowed to chill for at least 4 hours).
- Serve atop greens garnished with toasted cashews.

Nutrition Facts



PROTEIN 16.66% **FAT 21.07%** **CARBS 62.27%**

Properties

Glycemic Index:73.9, Glycemic Load:6.2, Inflammation Score:-7, Nutrition Score:13.57391298376%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.16mg,

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 188.92kcal (9.45%), Fat: 4.6g (7.07%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 30.58g (10.19%), Net Carbohydrates: 22.87g (8.32%), Sugar: 9.21g (10.23%), Cholesterol: 0mg (0%), Sodium: 379.69mg (16.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.18g (16.36%), Manganese: 1.12mg (56.2%), Folate: 157.42µg (39.36%), Vitamin C: 25.69mg (31.14%), Fiber: 7.7g (30.8%), Copper: 0.36mg (18.01%), Phosphorus: 159.03mg (15.9%), Vitamin K: 16.44µg (15.65%), Iron: 2.75mg (15.28%), Magnesium: 50.93mg (12.73%), Vitamin B6: 0.21mg (10.42%), Potassium: 360.86mg (10.31%), Vitamin A: 487.06IU (9.74%), Zinc: 1.45mg (9.69%), Vitamin B1: 0.13mg (8.63%), Selenium: 3.94µg (5.63%), Vitamin B2: 0.09mg (5.33%), Calcium: 52.71mg (5.27%), Vitamin E: 0.63mg (4.22%), Vitamin B3: 0.79mg (3.97%), Vitamin B5: 0.39mg (3.91%)