



Toasted Chickpea and Apricot Salad



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



305 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 large apricots pitted sliced
- ☐ 4 cups baby arugula
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups garbanzo beans dry canned rinsed cooked drained
- ☐ 2 ounces feta cheese crumbled
- ☐ 1 teaspoon ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 0.3 teaspoon kosher salt

- ☐ 0.3 cup olive oil divided
- ☐ 0.5 cup onion red vertically sliced
- ☐ 1.5 tablespoons orange juice fresh
- ☐ 1 teaspoon orange zest grated
- ☐ 1.5 tablespoons citrus champagne vinegar

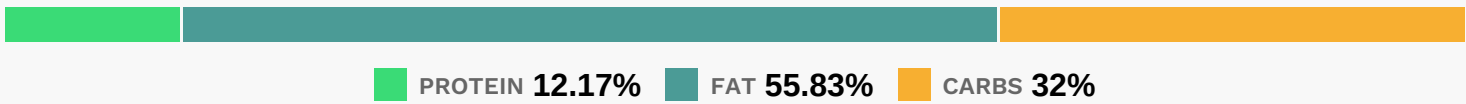
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 3 ingredients in a roasting pan, and drizzle with 2 tablespoons oil, shaking pan to coat beans. Roast at 450 for 20 minutes, stirring once.
- ☐ Combine remaining 2 tablespoons oil, rind, vinegar, juice, salt, and pepper in a large bowl, stirring with a whisk. Stir in onion and apricots, tossing gently to coat.
- ☐ Add warm beans and arugula, tossing to combine.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:64.25, Glycemic Load:6.9, Inflammation Score:-8, Nutrition Score:15.928695611332%

Flavonoids

Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.14mg,

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg Kaempferol: 7.33mg, Kaempferol: 7.33mg, Kaempferol: 7.33mg, Kaempferol: 7.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg

Nutrients (% of daily need)

Calories: 304.92kcal (15.25%), Fat: 19.56g (30.1%), Saturated Fat: 4.06g (25.36%), Carbohydrates: 25.23g (8.41%), Net Carbohydrates: 18.04g (6.56%), Sugar: 5.05g (5.61%), Cholesterol: 12.62mg (4.21%), Sodium: 658.1mg (28.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.6g (19.2%), Manganese: 1.19mg (59.48%), Vitamin B6: 0.71mg (35.38%), Vitamin K: 31.68µg (30.17%), Fiber: 7.18g (28.74%), Vitamin A: 1255.6IU (25.11%), Phosphorus: 179.29mg (17.93%), Calcium: 169.56mg (16.96%), Iron: 2.95mg (16.4%), Vitamin E: 2.41mg (16.06%), Folate: 63.82µg (15.95%), Vitamin C: 12.18mg (14.76%), Magnesium: 57.37mg (14.34%), Copper: 0.26mg (13.11%), Potassium: 421.6mg (12.05%), Vitamin B2: 0.18mg (10.71%), Zinc: 1.53mg (10.23%), Vitamin B5: 0.72mg (7.17%), Selenium: 4.98µg (7.12%), Vitamin B1: 0.1mg (6.91%), Vitamin B12: 0.24µg (3.99%), Vitamin B3: 0.68mg (3.41%)