



Tunisian-Inspired Chickpea and Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



273 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup capers rinsed drained chopped
- ☐ 8 cherry tomatoes quartered
- ☐ 15 ounces chickpeas cooked drained canned (1 can or)
- ☐ 0.5 tablespoon apple cider vinegar
- ☐ 1 medium cucumber peeled seeded cut into 1/2-inch cubes
- ☐ 2 cloves garlic finely minced
- ☐ 3 tablespoons harissa to taste
- ☐ 2 ounces olives black sliced

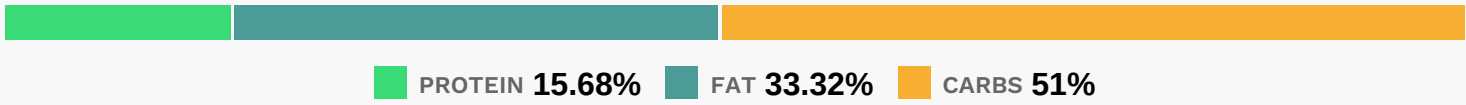
- ☐ 4 pepperoncini peppers stemmed sliced
- ☐ 4 servings salt to taste
- ☐ 0.5 sheet nori seaweed crumbled
- ☐ 2 tablespoons mayonnaise

Equipment

Directions

- ☐ Place in a large storage container and add all remaining ingredients. Stir well and refrigerate for at least an hour to allow flavors to blend.
- ☐ Add salt to taste and serve in pitas or other bread or with salad greens.

Nutrition Facts



Properties

Glycemic Index:40.19, Glycemic Load:5.7, Inflammation Score:-7, Nutrition Score:17.218695702112%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 14.37mg, Kaempferol: 14.37mg, Kaempferol: 14.37mg, Kaempferol: 14.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 19.14mg, Quercetin: 19.14mg, Quercetin: 19.14mg, Quercetin: 19.14mg

Nutrients (% of daily need)

Calories: 272.96kcal (13.65%), Fat: 10.46g (16.09%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 36.01g (12%), Net Carbohydrates: 25.88g (9.41%), Sugar: 8.52g (9.47%), Cholesterol: 2.94mg (0.98%), Sodium: 926.96mg (40.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.14%), Manganese: 1.22mg (60.99%), Folate: 202.01µg (50.5%), Fiber: 10.13g (40.52%), Vitamin C: 21.87mg (26.51%), Copper: 0.52mg (26.21%), Vitamin K: 24.69µg (23.52%), Iron: 3.85mg (21.41%), Phosphorus: 213.48mg (21.35%), Magnesium: 68.89mg (17.22%), Potassium: 539.31mg (15.41%), Vitamin B6: 0.28mg (14.03%), Zinc: 1.88mg (12.5%), Vitamin B1: 0.18mg (11.89%), Vitamin E: 1.73mg (11.55%), Vitamin A: 433.39IU (8.67%), Calcium: 82.01mg (8.2%), Vitamin B2: 0.12mg (7.11%), Selenium: 4.94µg (7.06%), Vitamin B3: 1.18mg (5.91%), Vitamin B5: 0.52mg (5.24%)