



Vegetarian Chickpea Sandwich Filling



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



3

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 19 ounce garbanzo beans drained and rinsed canned
- ☐ 1 stalk celery chopped
- ☐ 1 teaspoon dill weed dried
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon mayonnaise
- ☐ 0.5 onion chopped
- ☐ 3 servings salt and pepper to taste

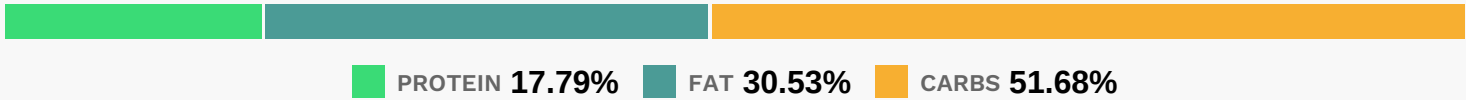
Equipment

☐ mixing bowl

Directions

- ☐ Drain and rinse chickpeas.
- ☐ Pour chickpeas into a medium size mixing bowl and mash with a fork.
- ☐ Mix in celery, onion, mayonnaise (to taste), lemon juice, dill, salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:49.78, Glycemic Load:7.03, Inflammation Score:-5, Nutrition Score:12.667826031699%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 200.88kcal (10.04%), Fat: 7.06g (10.86%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 26.89g (8.96%), Net Carbohydrates: 18.4g (6.69%), Sugar: 1.11g (1.23%), Cholesterol: 1.96mg (0.65%), Sodium: 734.71mg (31.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.51%), Manganese: 1.52mg (76.03%), Vitamin B6: 0.89mg (44.47%), Fiber: 8.49g (33.94%), Phosphorus: 155.34mg (15.53%), Copper: 0.29mg (14.5%), Iron: 2.45mg (13.62%), Folate: 54.4µg (13.6%), Magnesium: 53.63mg (13.41%), Vitamin K: 11.59µg (11.03%), Potassium: 337.13mg (9.63%), Zinc: 1.31mg (8.72%), Calcium: 79.13mg (7.91%), Vitamin B5: 0.61mg (6.07%), Selenium: 3.85µg (5.5%), Vitamin C: 4.05mg (4.91%), Vitamin B1: 0.07mg (4.78%), Vitamin B2: 0.04mg (2.47%), Vitamin A: 110IU (2.2%), Vitamin B3: 0.31mg (1.56%), Vitamin E: 0.2mg (1.33%)