



Warm chickpea, chorizo & pepper salad

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



719 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 200 g chorizo
- ☐ 1 tbsp olive oil
- ☐ 410 g chickpeas drained and rinsed canned
- ☐ 250 g roasted peppers mixed drained roughly chopped
- ☐ 1 handful cilantro leaves chopped
- ☐ 2 tbsp yogurt

Equipment

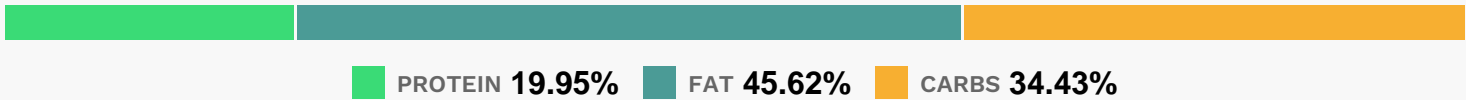
- ☐ bowl

- ☐ frying pan
- ☐ ladle

Directions

- ☐ Cut the chorizo into 3cm thick slices.
- ☐ Heat the oil in a large frying pan over a high heat. Cook the chorizo for 4–5 minutes, turning occasionally until the edges start to crisp and it has released its red oil.
- ☐ Tip the chickpeas into the pan and cook for a couple of minutes until hot.
- ☐ Add the peppers and cook for a few minutes until everything's juicy.
- ☐ Remove from the heat, stir in the coriander, ladle into two bowls and top each with a spoonful of yogurt.

Nutrition Facts



Properties

Glycemic Index:52.38, Glycemic Load:10.65, Inflammation Score:-9, Nutrition Score:30.5526086092%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 718.95kcal (35.95%), Fat: 36.55g (56.24%), Saturated Fat: 10.92g (68.27%), Carbohydrates: 62.09g (20.7%), Net Carbohydrates: 44.96g (16.35%), Sugar: 10.79g (11.99%), Cholesterol: 65.1mg (21.7%), Sodium: 1736.86mg (75.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.97g (71.94%), Manganese: 2.32mg (116.04%), Folate: 375.24µg (93.81%), Vitamin C: 61.43mg (74.46%), Fiber: 17.14g (68.54%), Iron: 8.94mg (49.66%), Copper: 0.89mg (44.52%), Phosphorus: 389.36mg (38.94%), Magnesium: 115.07mg (28.77%), Vitamin B6: 0.52mg (25.84%), Vitamin A: 1217.25IU (24.34%), Potassium: 820.54mg (23.44%), Zinc: 3.49mg (23.26%), Vitamin B1: 0.28mg (18.41%), Vitamin K: 18.65µg (17.77%), Calcium: 177.31mg (17.73%), Selenium: 8.42µg (12.03%), Vitamin E: 1.79mg (11.92%), Vitamin B2: 0.2mg (11.66%), Vitamin B3: 1.8mg (9.02%), Vitamin B5: 0.72mg (7.23%), Vitamin B12: 0.07µg (1.23%)