



HEALTH SCORE

79%

Warm Chickpea, Red Pepper, and Spinach Salad with Harissa



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



221 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



6 oz baby spinach



0.3 teaspoon pepper black freshly ground



0.8 tsp pepper black freshly ground



15 oz chickpeas rinsed drained canned (garbanzos)



0.5 tablespoon dijon mustard



1 medium eggplant cut into 1/2-in. cubes



12 large mint leaves fresh thin

- ☐ 2 tsp harissa
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.8 tsp kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 medium bell pepper red
- ☐ 0.3 cup onion red minced rinsed drained
- ☐ 6 servings salad
- ☐ 1 tablespoon sherry vinegar
- ☐ 6 servings balsamic vinaigrette salad dressing
- ☐ 1 medium bell pepper yellow

Equipment

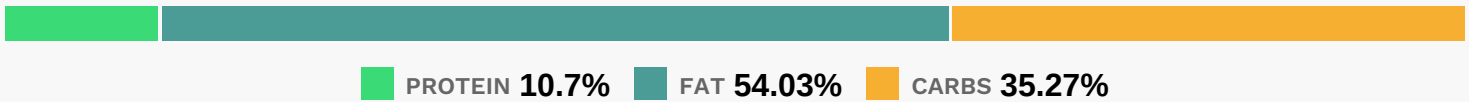
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk

Directions

- ☐ Whisk vinegar, mustard, salt, pepper, and 2 tsp. harissa in a bowl. Gradually whisk in olive oil. Taste; add more harissa if you'd like a hotter dressing. Set aside.
- ☐ Make salad: Put peppers on a baking sheet and broil, turning periodically, until charred on all sides, about 20 minutes.
- ☐ Place peppers in a paper bag about 15 minutes to allow trapped steam to loosen their skins.
- ☐ Remove charred skins, stems, and seeds; cut peppers into 1/2-in. pieces.
- ☐ Meanwhile, heat olive oil in a large nonstick frying pan over medium heat.
- ☐ Add eggplant and cook, stirring often, until softened and beginning to color, about 12 minutes.
- ☐ Add chickpeas, 2 tbsp. water, and 3/4 tsp. each salt and pepper; cook, stirring, to blend flavors, about 3 minutes. Stir in chopped peppers.

- ☐ Remove from heat and let stand until vegetables are warm but not hot.
- ☐ In a large bowl, toss spinach, mint, and red onion with half the vinaigrette.
- ☐ Add chickpea mixture, drizzle with additional dressing, and toss again to coat. Season to taste with more salt and pepper.
- ☐ *Buy harissa, a north African chile-and-spice paste, in the international section of many supermarkets.
- ☐ Heat level varies greatly from brand to brand, so try a little before using.

Nutrition Facts



Properties

Glycemic Index:42.89, Glycemic Load:3.87, Inflammation Score:-10, Nutrition Score:24.676956187124%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 221.07kcal (11.05%), Fat: 14.01g (21.56%), Saturated Fat: 1.93g (12.05%), Carbohydrates: 20.58g (6.86%), Net Carbohydrates: 13.47g (4.9%), Sugar: 4.29g (4.77%), Cholesterol: 0mg (0%), Sodium: 657.69mg (28.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.49%), Vitamin K: 149.27µg (142.16%), Vitamin C: 82.36mg (99.82%), Vitamin A: 3900.75IU (78.02%), Manganese: 1.2mg (60.01%), Folate: 122.85µg (30.71%), Vitamin B6: 0.6mg (29.77%), Fiber: 7.12g (28.47%), Vitamin E: 2.89mg (19.24%), Potassium: 625.83mg (17.88%), Magnesium: 65.35mg (16.34%), Iron: 2.51mg (13.94%), Copper: 0.27mg (13.49%), Phosphorus: 121.41mg (12.14%), Vitamin B2: 0.14mg (8.5%), Calcium: 78.52mg (7.85%), Vitamin B1: 0.11mg (7.52%), Vitamin B3: 1.47mg (7.33%), Zinc: 0.98mg (6.55%), Vitamin B5: 0.62mg (6.15%), Selenium: 2.69µg (3.84%)