



Wild Arugula and Chickpea Salad

 **Gluten Free**

READY IN

ready

15 min.

SERVINGS

servings

8

CALORIES

calories

130 kcal

SIDE DISH

Ingredients

- ☐ 12 ounces arugula wild
- ☐ 15 ounce chickpeas rinsed drained canned
- ☐ 1 medium head fennel bulb halved thinly sliced
- ☐ 0.3 cup optional: dill fresh
- ☐ 1 cup grape tomatoes halved
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 ounces thinly parmigiano-reggiano shaved

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8 servings salt and pepper black freshly ground

Equipment

☐

bowl

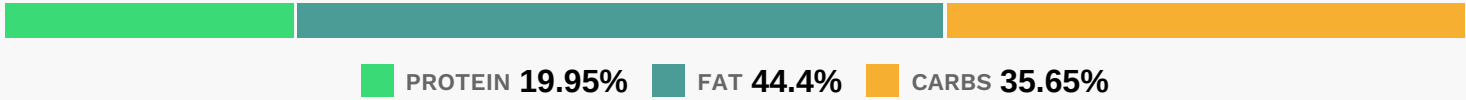
☐

whisk

Directions

- ☐ Combine the arugula, fennel, chickpeas, tomatoes and dill in a large shallow bowl.
- ☐ Whisk together the lemon juice and olive oil and season with salt and pepper. Toss the salad with the dressing and top with the shaved cheese.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:3.06, Inflammation Score:-8, Nutrition Score:13.162608876824%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 2.47mg, Isorhamnetin: 2.47mg, Isorhamnetin: 2.47mg, Isorhamnetin: 2.47mg Kaempferol: 15.05mg, Kaempferol: 15.05mg, Kaempferol: 15.05mg, Kaempferol: 15.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 130.26kcal (6.51%), Fat: 6.77g (10.42%), Saturated Fat: 1.83g (11.41%), Carbohydrates: 12.24g (4.08%), Net Carbohydrates: 8.02g (2.92%), Sugar: 2.66g (2.96%), Cholesterol: 4.82mg (1.61%), Sodium: 289.96mg (12.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.69%), Vitamin K: 68.58µg (65.32%), Manganese: 0.68mg (34.08%), Vitamin A: 1380.9IU (27.62%), Calcium: 190.51mg (19.05%), Vitamin C: 15.19mg (18.42%), Folate: 68.69µg (17.17%), Fiber: 4.22g (16.87%), Vitamin B6: 0.32mg (16.11%), Phosphorus: 134.35mg (13.43%), Potassium: 421.28mg (12.04%), Magnesium: 45.68mg (11.42%), Iron: 1.73mg (9.59%), Copper: 0.15mg (7.51%), Vitamin E: 0.98mg (6.53%), Zinc: 0.87mg (5.79%), Vitamin B2: 0.09mg (5.06%), Vitamin B5: 0.47mg (4.73%), Selenium: 3µg (4.28%), Vitamin B1: 0.05mg (3.34%), Vitamin B3: 0.54mg (2.72%), Vitamin B12: 0.09µg (1.42%)