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Chickpea Snack Sandwich

The Chickpea Snack Sandwich is a vegan and vegetarian-friendly recipe that is perfect for a quick and healthy snack. It is made with mashed chickpeas, mixed with various seasonings and served between two slices of bread. This sandwich is packed with protein and fiber, making it a satisfying and nutritious option for any time of the day.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

400 g	canned chickpeas
2 tsp	Lemon juice
2 tbsp	tahini
2 cloves	garlic

1 tsp	Cumin
0.5 tsp	Salt
0.25 tsp	Black pepper
4 pieces	bread slices
4 leaves	lettuce
4 slices	Tomato

Directions

Step 1

Drain and rinse the canned chickpeas.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

In a bowl, mash the chickpeas using a fork or a potato masher.

Prep Time: 3 mins

Cook Time: 0 mins

Step 3

Add lemon juice, tahini, minced garlic, cumin, salt, and black pepper to the mashed chickpeas. Mix well to combine.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Toasting

Toast the bread slices if desired.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Spread the chickpea mixture onto two slices of bread.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Top with lettuce and tomato slices.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Cover with the remaining bread slices to form sandwiches.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 4 g

Protein: 7 g

Carbohydrates: 21 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	21 g	38.18%	42%
Fibers	6 g	15.79%	24%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	250 mg	10.87%	10.87%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	220 mg	6.47%	8.46%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Pescatarian Diet

Meal Type

Breakfast

Snack

Supper

Cultural

Chinese New Year

Thanksgiving

Course

Drinks

Snacks

Sauces & Dressings

Appetizers

Side Dishes

Salads

Difficulty Level

Medium

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