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Chickpea Salad with Lemon, Parmesan, and Fresh Herbs

This refreshing and nutritious salad combines chickpeas with the bright flavors of lemon, Parmesan cheese, and fresh herbs. It can be enjoyed as a light lunch or a side dish.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Chickpeas
1 g	Lemon
50 g	parmesan cheese
20 g	fresh herbs (e.g., parsley, basil, mint)

Directions

Step 1

Rinse and drain the chickpeas.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Zest and juice the lemon.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Grating

Grate the Parmesan cheese.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Cutting

Chop the fresh herbs.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Mixing

In a large bowl, combine the chickpeas, lemon zest, lemon juice, grated Parmesan cheese, and chopped fresh herbs. Mix well.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Season with salt and pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve the chickpea salad chilled or at room temperature.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 8 g

Protein: 10 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	8 g	21.05%	32%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	150 mg	15%	15%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	3 mg	37.5%	16.67%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Course

Salads

Cultural

Chinese New Year Passover Easter

Cost

\$10 to \$20

Demographics

Lactation Friendly Heart Healthy

Diet

Mediterranean Diet South Beach Diet Vegan Diet Raw Food Diet

Anti-Inflammatory Diet

Cooking Method

Frying

Steaming

Simmering

Serving

Mashing

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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