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Kale Salad with Chickpeas

A healthy and delicious vegetarian salad made with kale and chickpeas. This salad is packed with nutrients and is perfect for a light lunch or dinner.

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

200 g	kale
200 g	Chickpeas
2 tbsp	olive oil
2 tbsp	lemon juice
1 teaspoon	salt

1
teaspoon pepper

1 clove garlic

Directions

Step 1

Cut

Wash and dry the kale leaves. Remove the tough stems and chop the leaves into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the kale, chickpeas, olive oil, lemon juice, salt, and pepper. Mix well to coat the kale and chickpeas with the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Mince the garlic clove and add it to the salad. Toss to combine.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 10 g

Carbohydrates: 20 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	20 g	36.36%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	10 g	26.32%	40%
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	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	50 mg	55.56%	66.67%
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	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring Summer

Events

Picnic

Course

Salads Sauces & Dressings

Demographics

Senior Friendly

Diet

Vegan Diet Ovo-Vegetarian Diet Engine 2 Diet Anti-Inflammatory Diet
The 80/10/10 Diet The Gerson Therapy The Swiss Secret Diet
The Scarsdale Diet The Baby Food Diet The F-Plan Diet

The Negative Calorie Diet

The Master Cleanse Diet

The CICO (Calories In, Calories Out) Diet

The Eat-Clean Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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