



Healthdor

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Garbanzo Salad ^{••}

A refreshing salad made with garbanzo beans, vegetables, and a tangy dressing.

Recipe Type: Vegan

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	Garbanzo Beans
200 g	cucumber
200 g	Tomato
50 g	red onion
100 g	feta cheese
2 tbsp	olive oil
2 tbsp	lemon juice

1 tsp salt

1 tsp black pepper

Directions

Step 1

Rinse the garbanzo beans and drain well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Chop the cucumber, tomato, and red onion into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the garbanzo beans, cucumber, tomato, red onion, and feta cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Whisking

In a small bowl, whisk together the olive oil, lemon juice, salt, and black pepper to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

Pour the dressing over the salad and toss to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Refrigerating

Refrigerate for at least 1 hour before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	10 g	26.32%	40%
Sugars	5 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	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	5 mcg	208.33%	208.33%
Vitamin E	10 mg	66.67%	66.67%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Spring Summer

Events

Barbecue Game Day

Cuisines

Mediterranean

Course

Salads Snacks

Cultural

Chinese New Year Cinco de Mayo Hanukkah Passover Halloween

Cost

\$10 to \$20

Demographics

Kids Friendly Teen Friendly Heart Healthy

Diet

Mediterranean Diet Flexitarian Diet Vegetarian Diet Pescatarian Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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