



Healthdor

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## Lime Splashed Chickpea Salad ♦

A refreshing and healthy vegetarian salad made with chickpeas, fresh lime juice, and a variety of vegetables. This salad is perfect for a light lunch or as a side dish for a summer barbecue.

**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
150 g	Red Bell Pepper
150 g	cucumber
50 g	red onion
20 g	fresh cilantro

60 ml	lime juice
30 ml	olive oil
5 g	salt
2 g	black pepper

## Directions

### Step 1

Rinse and drain the chickpeas.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

### Step 2

Cutting

Chop the red bell pepper, cucumber, red onion, and fresh cilantro.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 3

Mixing

In a large bowl, combine the chickpeas, chopped vegetables, lime juice, olive oil, salt, and black pepper. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Refrigerating

Refrigerate for at least 1 hour to allow the flavors to meld.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 5

Serving

Serve chilled and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 6 g

**Protein:** 9 g

**Carbohydrates: 30 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	9 g	52.94%	52.94%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	8 g	21.05%	32%
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	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	70 mg	77.78%	93.33%
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	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	3 mcg	5.45%	5.45%

# Recipe Attributes

## Seasonality

Spring

Summer

Fall

## Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Medium

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