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Savory Chickpea Salad ♦

A delicious vegan salad made with savory chickpeas. This salad is packed with flavors and nutrients, making it a perfect option for a healthy and satisfying meal.

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	Chickpeas
150 g	Red Bell Pepper
150 g	cucumber
50 g	red onion
200 g	Cherry Tomatoes
20 g	fresh parsley

30 ml	lemon juice
45 ml	olive oil
5 g	salt
2 g	black pepper

Directions

Step 1

Preparation

Rinse and drain the chickpeas.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Chop the red bell pepper, cucumber, red onion, and cherry tomatoes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Cutting

Chop the fresh parsley.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, combine the chickpeas, chopped vegetables, and fresh parsley.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Mixing

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

Prep Time: 3 mins

Cook Time: 0 mins

Step 6

Mixing

Pour the dressing over the salad and toss to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve the savory chickpea salad and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 8 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	8 g	47.06%	47.06%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	6 g	15.79%	24%
Sugars	4 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	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	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Cuisines

Mexican Thai Mediterranean Spanish

Course

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Ramadan

Demographics

Senior Friendly

Heart Healthy

Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Volumetrics Diet

The Whole30 Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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