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# Vegetarian Chickpea Sandwich \*

This vegetarian chickpea sandwich is a delicious and healthy alternative to traditional sandwiches. It is made with mashed chickpeas, vegetables, and flavorful spices. It can be enjoyed for lunch or as a light dinner. The sandwich is packed with protein and fiber, making it a filling and nutritious meal.

Recipe Type: Vegetarian Prep Time: 15 mins

Cook Time: N/A Total Time: 15 mins

Recipe Yield: 200 grams Number of Servings: 2

Serving Size: 100 g

## **Ingredients**

200 g	Chickpeas
50 g	red onion
50 g	celery
50 g	carrot
30 g	mayonnaise

15 g	dijon mustard
10 g	lemon juice
3 g	salt
2 g	black pepper
200 g	bread slices
50 g	lettuce
50 g	Tomato

# **Directions**

## Step 1

Drain and rinse the chickpeas.

Prep Time: 5 mins

Cook Time: 0 mins

# Step 2

Mash the chickpeas in a bowl using a fork or a potato masher.

Prep Time: 2 mins

Cook Time: 0 mins

# Step 3

Cutting

Finely chop the red onion, celery, and carrot.

Prep Time: 5 mins

Cook Time: 0 mins

### Step 4



In a separate bowl, mix together the mayonnaise, Dijon mustard, lemon juice, salt, and black pepper.

Prep Time: 3 mins

Cook Time: 0 mins

## Step 5



Add the chopped vegetables to the mashed chickpeas and mix well.

Prep Time: 2 mins

Cook Time: 0 mins

### Step 6



Pour the mayonnaise mixture over the chickpea mixture and stir until well combined.

Prep Time: 2 mins

Cook Time: 0 mins

## Step 7

Toasting

Toast the bread slices if desired.

Prep Time: 0 mins

Cook Time: 0 mins

## Step 8

Spreading

Spread the chickpea mixture onto the bread slices.

Prep Time: 2 mins

Cook Time: 0 mins

## Step 9

**Plating** 

Top with lettuce and tomato slices.

Prep Time: 1 mins

Cook Time: 0 mins

## Step 10

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

# **Nutrition Facts**

Calories: 200 kcal

**Fat:** 5 g

Protein: 10 g

Carbohydrates: 30 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)
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Carbohydrates	30 g	54.55%	60%
Fibers	8 g	21.05%	32%
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	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
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	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

#### **Minerals**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

# **Recipe Attributes**

### Seasonality

Spring Summer Fall

#### **Events**

Christmas Easter Thanksgiving Picnic

## Cuisines

Mediterranean Middle Eastern

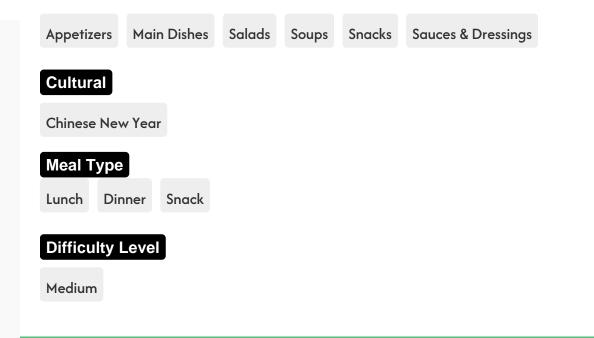
## **Nutritional Content**

Low Calorie Low Fat Low Carb

## Kitchen Tools

Blender

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