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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

Mixing

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

Mixing

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Mixing

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

Course

Appetizers

Main Dishes

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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