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Chickpea and Veggie Salad ♦

A delicious and healthy vegetarian salad made with chickpeas and fresh vegetables. This salad is packed with nutrients and is perfect for a light lunch or dinner. It can be enjoyed on its own or as a side dish.

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	cucumber
150 g	Tomato
50 g	red onion
100 g	bell pepper

100 g	feta cheese
50 g	Black Olives
30 g	olive oil
30 g	lemon juice
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 cucumber, tomato, red onion, and bell pepper into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the chickpeas, chopped vegetables, feta cheese, and black olives.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Mixing

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

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Mixing

Pour the dressing over the salad and toss to coat evenly.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Serving

Serve the salad chilled and enjoy!

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 8 g

Protein: 8 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

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

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	6 g	15.79%	24%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
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	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	8 mg	72.73%	100%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Game Day

Course

Salads Sauces & Dressings

Demographics

Pregnancy Safe Heart Healthy

Diet

Mediterranean Diet Vegetarian Diet Vegan Diet Pescatarian Diet
 Ovo-Vegetarian Diet Lacto-Vegetarian Diet Lacto-Ovo Vegetarian Diet
 Fruitarian Diet Gluten-Free Diet Nutrient Timing Diet The Mayo Clinic Diet
 The F-Plan Diet The Air Diet

Meal Type

Lunch

Snack

Difficulty Level

Medium

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