

Chickpea Salad with Tomatoes and Parsley

Yield: 25
Serving Size: 1
Portion Size: Approximately 1/2 cup
Recipe View: Public
Recipe ID: 1407
Status: Approved
Contributed By: YM YWHA INNOVATIVE SENIOR CENTER

Tags: > Vegetable > Dairy-Free > Vegetarian > Good Source of Fiber > Good Source of Potassium

Ingredients

- >> 1 Item #10 can chickpeas, drained and rinsed
- >> 4 Item cucumbers, sliced
- >> 3 Item red onions, sliced
- >> 6 Item tomatoes, chopped
- >> 1 1/2 Item bunches parsley, chopped
- >> 1 1/2 cup(s) balsamic vinegar
- >> 1 1/2 cup(s) red wine vinegar

Nutrition Facts

Serving Size 1 (Approximately 1/2 cup)

Amount Per Serving

Calories 122 Calories from Fat 18

% Daily Value *

Total Fat 2g 3%

Saturated Fat 1g 0%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 201mg 8%

Carbohydrate 24g 8%

Dietary Fiber 5g 20%

Sugar 4g

Protein 6g 12%

Vitamin A 6% • Calcium 5%

Vitamin C 11% • Iron 11%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

Directions

- >> 1. Mix all ingredients and serve chilled.

Recommendations

>> It is recommended that canned beans and vegetables contain no more than 250 mg sodium per serving. Canned beans and vegetables used in this recipe have less than 250 mg sodium per serving.

Requirements

- >> The NYC Food Standards require that canned/frozen vegetables and beans contain ≤ 290 mg sodium per serving.