



CURRY CHICKPEA SALAD

Yield: 3 Servings

Ingredients

- 1 cup
- 2 tablespoons
- 3 teaspoons
- 3 teaspoons
- 2 tablespoons
- ½ teaspoon
- ⅓ teaspoon
- ⅓ teaspoon

- Chickpeas, drained and rinsed
- Granny Smith Apple, diced
- Red Onion, diced
- Dried Cranberries
- Mayonnaise
- Dijon Mustard
- Salt
- Black Pepper

Procedures

1. Combine all ingredients in a bowl and mix to combine.
2. Enjoy on its own or try on sliced multigrain bread.

Nutrition Facts

Serving size 3.5 oz. (98 g)

Amount per serving
Calories 170

% Daily Value*

Total Fat 10g 15%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 4mg 0%

Sodium 279mg 10%

Total Carbohydrate 16g 6%

Dietary Fiber 3g 10%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 1mg 6%

Potassium 164mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.