

Greek Chickpea Salad

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-chickpeas-with-parsley-and-cumin-recipe>

Ingredients:

- 1 can chickpeas drained
- 1/2 red onion finely chopped
- 1 red bell pepper finely chopped
- 2 hothouse cucumbers english, finely chopped
- 1/4 cup parsley chopped
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 1/4 teaspoon cumin
- 1/2 teaspoon kosher salt
- 1/4 teaspoon coarse ground black pepper
- 1/4 cup feta cheese crumbled
- 10 Kalamata olives halved

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 10 milligrams
4. Fat: 7 grams
5. Fiber: 7 grams
6. Protein: 9 grams
7. SaturatedFat: 2 grams
8. Sodium: 780 milligrams
9. Sugar: 5 grams

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