

Italian Ceci Bean Salad

Yield: 6 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-ceci-recipe>

Ingredients:

- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 3 cloves garlic minced
- 1 teaspoon dried oregano leaves
- 1/2 teaspoon dried parsley
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 16 ounces garbanzo beans drained but not rinsed
- 2 tablespoons red onion minced
- 1 tablespoon fresh parsley minced

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 47 grams
3. Fat: 23 grams
4. Fiber: 13 grams
5. Protein: 15 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 220 milligrams
8. Sugar: 8 grams

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