

Easy Italian Chickpea Salad

Yield: 4 min
Total Time: 65 min

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

Ingredients:

- 1 1/2 cups cooked chickpeas drained, 250 grams
- 3/4 cup grape tomatoes halved, 100 grams
- 2 medium potatoes cooked and cubed
- 1/2 red onion chopped
- 1/2 cucumber cut & cubed
- 12 black olives halved
- 3 handfuls arugula
- 1/4 cup olive oil
- 2 tablespoons red wine vinegar or lemon juice
- 1/2 teaspoon oregano
- 1/4 teaspoon salt
- 2 dashes pepper

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 37 grams
3. Fat: 15 grams
4. Fiber: 6 grams
5. Protein: 6 grams
6. SaturatedFat: 2 grams
7. Sodium: 410 milligrams
8. Sugar: 3 grams

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