

Lidia's Artichoke and Chickpea Salad

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/lidia-s-recipe-for-italian-bread-salad>

Ingredients:

- 3 cups bread cubes day-old 1/2 inch
- 20 ounces artichoke hearts Cento Quartered, in brine, drained
- 16 ounces Cento Chick Peas rinsed and drained
- 1/2 cup sun dried tomatoes Cento Chef's Cut, drained
- 1/2 cup sliced almonds toasted
- 5 tablespoons red wine vinegar Cento Pure
- 3 tablespoons extra-virgin olive oil Cento
- 1/2 teaspoon kosher salt
- 2 tablespoons Italian parsley chopped fresh
- 1 tablespoon chopped fresh mint

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 63 grams
3. Fat: 18 grams
4. Fiber: 20 grams
5. Protein: 15 grams
6. SaturatedFat: 2 grams
7. Sodium: 1050 milligrams
8. Sugar: 6 grams

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