

Garbanzo Bean Bacon Chopped Salad

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/pakistani-style-chicken-and-garbanzo-bean-recipe>

Ingredients:

- butter lettuce
- greens
- diced tomato about 2 medium
- garbanzo beans rinsed and drained
- bacon cooked and crumbled
- chicken cubes, cooked , or rotisserie chicken
- cucumbers diced
- sunflower seeds
- olive oil
- balsamic vinegar

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 250 milligrams
4. Fat: 24 grams
5. Fiber: 2 grams
6. Protein: 79 grams
7. SaturatedFat: 5 grams
8. Sodium: 330 milligrams
9. Sugar: 3 grams

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