

# Portuguese Chickpea Salad

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-portuguese-biscuits-recipe>

## Ingredients:

- 30 ounces chickpeas
- 1/4 cup yellow onion diced
- 3/4 cup red bell pepper diced
- 1 clove garlic finely chopped
- 1/2 cup fresh parsley finely chopped
- 1/4 cup olive oil
- 3 tablespoons red wine vinegar
- salt
- pepper

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 54 grams
3. Fat: 16 grams
4. Fiber: 10 grams
5. Protein: 12 grams
6. SaturatedFat: 2 grams
7. Sodium: 840 milligrams
8. Sugar: 2 grams

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