



## Chickpea, Avocado & Feta Salad

1 serving  
15 minutes

### Ingredients

82 grams Chickpeas (cooked, drained and rinsed)

1/8 Cucumber (diced)

1 stalk Green Onion (chopped)

4 grams Parsley (chopped)

1/4 Lime (juiced)

9 grams Feta Cheese (crumbled)

2 milliliters Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

1/4 Avocado (diced)

### Directions

1

Combine all ingredients except avocado together in a large mixing bowl. Mix well with a spatula. Top with avocado when ready to serve. Enjoy!

### Nutrition

Amount per serving	
Calories	268
Fat	13g
Saturated	3g
Carbs	30g
Fiber	10g
Sugar	6g
Protein	10g
Cholesterol	8mg
Sodium	121mg
Potassium	596mg
Vitamin A	980IU
Vitamin C	17mg
Calcium	111mg
Iron	3mg
Vitamin D	2IU
Vitamin E	2mg
Vitamin K	102µg
Thiamine	0.2mg
Riboflavin	0.2mg



---

Niacin	2mg
Vitamin B6	0.3mg
Folate	198µg
Vitamin B12	0.2µg
Phosphorous	211mg
Magnesium	65mg
Zinc	2mg
Selenium	5µg