

Chickpea Tomato Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-55308

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GARBANZO	2 #10 CAN		118753
BEAN BLACK	1 #10 CAN		557714
TOMATO ROMA	2 Cup		184810
CUCUMBER SELECT	2 Cup		418439
DRESSING ITAL FF	1 1/2 Cup		549592

Preparation Instructions

Drain and rinse chickpeas well.

Dice tomatoes and cucumbers into small bite-sized pieces.

In a large mixing bowl, combine chickpeas, tomatoes, cucumbers, and parsley.

Add Italian dressing, tossing gently to coat.

Cover and refrigerate at least 2 hours before serving to let flavors blend.

Serve ½ cup portion

AP: 9/10/25

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.040
Beans, Peas, and Lentils	0.750
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	186.59
Fat	2.09g
Saturated Fat	0.52g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	559.48mg
Carbohydrates	31.68g
Fiber	8.39g
Total Sugar	4.38g
Added Sugar	0.48g
Protein	10.43g
Vitamin A 64.34mcg RAE	Vitamin C 1.10mg
Calcium 95.54mg	Iron 2.33mg

Nutrition - Per 100g

Calories	89.58
Fat	1.00g
Saturated Fat	0.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	268.59mg
Carbohydrates	15.21g
Fiber	4.03g
Total Sugar	2.10g
Added Sugar	0.23g
Protein	5.01g
Vitamin A 30.89mcg RAE	Vitamin C 0.53mg
Calcium 45.87mg	Iron 1.12mg