

Garbanzo Egg Salad

Portions: 3

Ingredients:

3 large egg(s) - Egg, hardboiled, no salt added

1 cup - Chickpeas (garbanzo beans), canned, low sodium

1 teaspoon - Chives, raw

2 tablespoon - Salad dressing, Mayonnaise, low-calorie or diet (Light Mayonnaise)

¼ teaspoon - Garlic powder

Nutrition Facts: Per Serving 145 Calories, 9 grams of protein, 9 grams of carbohydrates, 2 grams of fiber, 8 grams of fat, 2 grams saturated fat



Garbanzo Egg Salad

Portions: 3

Food Groups	Amount Per Portion
Grains	0 ounce(s)
Whole Grains	0 ounce(s)
Refined Grains	0 ounce(s)
Vegetables	¼ cup(s)
Dark Green	0 cup(s)
Red & Orange	0 cup(s)
Beans & Peas	¼ cup(s)
Starchy	0 cup(s)
Other	0 cup(s)
Fruits	0 cup(s)
Fruit Juice	0 cup(s)
Whole Fruit	0 cup(s)
Dairy	0 cup(s)
Milk & Yogurt	0 cup(s)
Cheese	0 cup(s)
Protein Foods	1 ounce(s)
Seafood	0 ounce(s)
Meat, Poultry & Eggs	1 ounce(s)
Nuts, Seeds & Soy	0 ounce(s)
Oils	1 teaspoon
Limits	Amount Per Portion
Total Calories	145 Calories
Added Sugars	1 Calories
Saturated Fat	18 Calories
Nutrients	Amount Per Portion
Protein	9 g
Carbohydrate	9 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars	0 g
Total Fat	8 g
Saturated Fat	2 g
Monounsaturated Fat	3 g
Polyunsaturated Fat	3 g
Linoleic Acid	2 g
α-Linolenic Acid	0.2 g

Omega 3 - EPA	0 mg
Omega 3 - DHA	29 mg
Cholesterol	186 mg
Minerals	Amount Per Portion
Calcium	48 mg
Potassium	155 mg
Sodium	221 mg
Copper	124 µg
Iron	2 mg
Magnesium	21 mg
Phosphorus	145 mg
Selenium	17 µg
Zinc	1 mg
Vitamins	Amount Per Portion
Vitamin A	82 µg RAE
Vitamin B6	0.3 mg
Vitamin B12	0.4 µg
Vitamin C	0 mg
Vitamin D	1 µg
Vitamin E	1 mg AT
Vitamin K	8 µg
Folate	32 µg DFE
Thiamin	0.0 mg
Riboflavin	0.2 mg
Niacin	0 mg
Choline	130 mg
www.SuperTracker.usda.gov	