DietCloud – Recipe

Recipe Name: Mango, Avocado And Chickpea Salad Recipe

Diet Type:

Course: Appetizer

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 2 Mango (Ripe) - peeled and diced	3
• 1 Avocado - peeled and diced	
• 1 cup Kabuli Chana (White Chickpeas) - cooked	
• 1 cup Red Romaine lettuce	
• Lemon juice - 1 large lemon	
• 1 tablespoon Extra Virgin Olive Oil	
• 1 Dry Red Chilli - finely chopped	
• Salt and Pepper - to taste	

Preparation

- Having a day old chickpeas, that has been refrigerated helps in making this salad faster.
- In a small mixing bowl, combine the ingredients for the dressing and whisk it well and keep it aside.
- In a large mixing bowl, add the mangoes, avocados, cooked chickpeas and lettuce.
- Mix well to combine them all together.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)