

# Smashed Chickpea Avocado Salad with Cranberries and Lemon

Portions: 8

## Ingredients

- 1 15oz can (BPA free) chickpeas
- 1 large avocado
- 2 tsp lemon juice
- ½ c dried cranberries
- 3 c baby spinach



\*SOY FREE



\*GLUTEN-FREE

## Nutrition Facts

Serving Size 1/2 cup  
Servings Per Container

Amount Per Serving

**Calories 180**    **Calories from Fat 40**

% Daily Value\*

**Total Fat 4.5g**    **7%**

Saturated Fat 0.5g    **3%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 350mg**    **15%**

**Total Carbohydrate 30g**    **10%**

Dietary Fiber 8g    **32%**

Sugars 8g

**Protein 6g**

Vitamin A 30%    •    Vitamin C 20%

Calcium 4%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Instructions:

In a medium bowl, smash chickpeas with a fork. Add avocado and use fork to smash again until avocado is smooth, yet contains a few chunks. Stir in lemon juice and cranberries. Place over top of spinach, bread or wrap and serve.