

Chickpea salad

Cuisine: **Other**
Food category: **Legumes**



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Company: Retigo



Program steps

1

Steaming

Termination by time

01:00 hh:mm

99 °C

80 %

2

take the cooked chickpea out and start to cook bacon

Hot air

100 %

Termination by time

00:15 hh:mm

180 °C

60 %

3

bacon out, chickpea in

Hot air

0 %

Termination by time

00:10 hh:mm

180 °C

100 %

Ingredients - number of portions - 10

Name	Value	Unit
chickpeas	1	kg
bacon diced	500	g
sundried tomatoes in oil	250	g
little gem	750	g

Nutrition and allergens

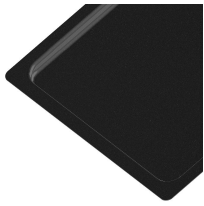
Allergens:
Minerals: Ca, Cu, Fe, K, Mg, Na, P, Zn
Vitamins: A, B, C, E

Nutritional value of one portion	Value
Energy	823.5 kJ
Carbohydrate	53.5 g
Fat	53.5 g
Protein	22.5 g
Water	0 g

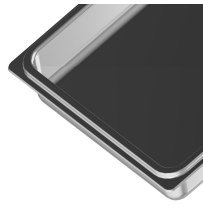
Directions

Cook the chickpea according to the setting. Bake the bacon for 15 minutes or until crispy. Roast the chickpea for 10 minutes. Chopp the tomatoes and little gem, put into a mixing bowl, add little gem and dressing. Combine all the ingredinets and serve it on a plate garnish with crispy bacon.

Recommended accessories



Vision Bake



GN container Stainless
steel full