



 **61%**
HEALTH SCORE

Asparagus, Tomato, and Onion Farinata

 **Gluten Free**  **Very Healthy**

READY IN



82 min.

SERVINGS



4

CALORIES



351 kcal

SIDE DISH

Ingredients

- 1 cup asparagus (1-inch)
- 4 cups baby arugula
- 2 teaspoons balsamic vinegar
- 0.4 teaspoon pepper black divided freshly ground
- 1 pint cherry tomatoes halved
- 0.8 cup bob's mill garbanzo bean flour (garbanzo bean)
- 0.1 teaspoon pepper red crushed
- 2.3 teaspoons rosemary fresh divided chopped

- 3 garlic cloves chopped
- 1 teaspoon juice of lemon fresh
- 4 tablespoons olive oil divided
- 2.5 cups thinly onion yellow vertically sliced
- 2 tablespoons pecorino romano cheese shaved
- 3 tablespoons pinenuts toasted
- 0.5 teaspoon salt
- 1 cup water

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- measuring cup

Directions

- Preheat oven to 450
- Combine tomatoes, 1 1/2 teaspoons oil, 1/4 teaspoon rosemary, and 1/8 teaspoon black pepper in a small bowl, tossing to coat. Arrange tomatoes in a single layer on a jelly-roll pan; bake at 450 for 20 minutes, stirring once. Cool slightly.
- Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine 1 cup water, flour, 1 tablespoon olive oil, remaining 2 teaspoons rosemary, salt, and the remaining 1/4 teaspoon black pepper in a large bowl, stirring with a whisk until smooth.
- Let stand 30 minutes.
- Place a 10-inch cast-iron skillet in oven.
- Heat a large skillet over medium-high heat.
- Add 1 1/2 teaspoons olive oil; swirl to coat.

- Add onion; cover and cook for 8 minutes or until tender, stirring occasionally. Stir in 1/8 teaspoon red pepper and garlic. Cook, uncovered, 18 minutes or until onions are golden, stirring frequently.
- Remove from heat; stir in asparagus.
- Carefully remove cast-iron skillet from oven.
- Add 1 tablespoon oil; swirl to coat. Stir batter once; pour batter into skillet.
- Bake at 450 for 20 minutes. Top evenly with onion mixture and tomatoes; sprinkle evenly with cheese.
- Bake an additional 12 minutes or until center of dough is set.
- Remove from oven; let stand 10 minutes.
- Cut into 4 wedges.
- Combine remaining 1 tablespoon oil, juice, and vinegar in a medium bowl, stirring with a whisk.
- Add arugula; toss to coat. Arrange 1 cup arugula on each of 4 plates; sprinkle each serving with about 2 teaspoons nuts.
- Serve with 1 wedge farinata.

Nutrition Facts

■ PROTEIN **11.56%** ■ FAT **53.72%** ■ CARBS **34.72%**

Properties

Glycemic Index:72.75, Glycemic Load:9.31, Inflammation Score:-9, Nutrition Score:22.188260920022%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 7.78mg, Isorhamnetin: 7.78mg, Isorhamnetin: 7.78mg, Isorhamnetin: 7.78mg Kaempferol: 8.11mg, Kaempferol: 8.11mg, Kaempferol: 8.11mg, Kaempferol: 8.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 27.44mg, Quercetin: 27.44mg, Quercetin: 27.44mg, Quercetin: 27.44mg

Nutrients (% of daily need)

Calories: 350.53kcal (17.53%), Fat: 21.74g (33.45%), Saturated Fat: 2.98g (18.64%), Carbohydrates: 31.62g (10.54%), Net Carbohydrates: 25.23g (9.17%), Sugar: 11.39g (12.65%), Cholesterol: 2.6mg (0.87%), Sodium: 363.6mg (15.81%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.53g (21.05%), Manganese: 1.46mg (72.91%), Vitamin K: 54.43µg (51.84%), Vitamin C: 40.51mg (49.1%), Folate: 172.68µg (43.17%), Vitamin E: 4.08mg (27.23%), Vitamin A: 1351.57IU (27.03%), Copper: 0.53mg (26.59%), Fiber: 6.39g (25.55%), Magnesium: 93.94mg (23.48%), Potassium: 800.02mg (22.86%), Phosphorus: 228.16mg (22.82%), Iron: 3.72mg (20.68%), Vitamin B6: 0.41mg (20.45%), Vitamin B1: 0.29mg (19.2%), Zinc: 1.83mg (12.21%), Calcium: 122.11mg (12.21%), Vitamin B2: 0.17mg (10.07%), Vitamin B3: 1.89mg (9.44%), Selenium: 4.55µg (6.5%), Vitamin B5: 0.64mg (6.44%)