



Cajun Chickpea Cakes



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

Ingredients

- ☐ 0.3 cup bob's mill garbanzo bean flour
- ☐ 15 ounces chickpeas drained and rinsed
- ☐ 1 tbsp chili powder
- ☐ 0.3 tsp garlic powder
- ☐ 1 tbsp juice of lime
- ☐ 0.3 tsp liquid smoke
- ☐ 0.3 tsp onion powder
- ☐ 0.3 tsp paprika
- ☐ 1 tbsp granulated poultry seasoning (not powdered)

☐ 1 tbsp tamari sauce

Equipment

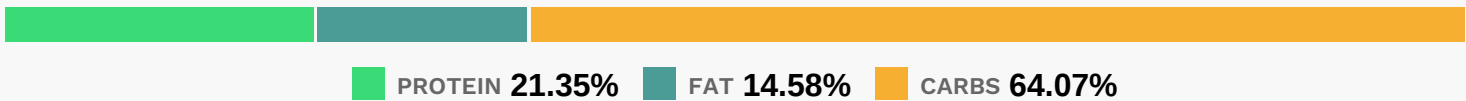
- ☐ food processor
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Chef's Note; Whole Wheat flour may sub for chickpea flour and soy sauce may sub for tamari. Preheat oven to 350F. Line a cookie sheet with parchment paper and set aside.
- ☐ Place chickpeas in a food processor and pulse about ten times, until chickpeas are coarsely chopped but not pureed.
- ☐ Transfer chickpeas and all remaining ingredients in a mixing bowl and stir to combine.
- ☐ Roll 4 balls, then spray lightly with cooking spray.
- ☐ Place balls 4" apart on the cookie sheet and flatten gently with the palm of your hand. Lightly respray the cakes and sprinkle with additional salt if desired.
- ☐ Bake 12-15 minutes, until thoroughly warm and a bit crispy.

	Nutritional Information
☐	Amount Per Serving
☐	Calories
☐	40Fat
☐	30g
☐	Carbohydrate
☐	80gDietary Fiber4.80gSugars NA Protein5.70g

Nutrition Facts



Properties

Glycemic Index:30.44, Glycemic Load:7.62, Inflammation Score:-8, Nutrition Score:16.196086945741%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 217.59kcal (10.88%), Fat: 3.65g (5.62%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 36.11g (12.04%), Net Carbohydrates: 26.25g (9.55%), Sugar: 6.26g (6.96%), Cholesterol: 0mg (0%), Sodium: 297.8mg (12.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.03g (24.06%), Manganese: 1.35mg (67.68%), Folate: 219.15µg (54.79%), Fiber: 9.85g (39.41%), Copper: 0.48mg (24.1%), Iron: 4.33mg (24.05%), Phosphorus: 218.44mg (21.84%), Magnesium: 71.6mg (17.9%), Vitamin K: 16.05µg (15.29%), Vitamin A: 726.41IU (14.53%), Zinc: 2mg (13.32%), Vitamin B6: 0.26mg (12.94%), Potassium: 440.33mg (12.58%), Vitamin B1: 0.17mg (11.55%), Vitamin E: 1.26mg (8.42%), Calcium: 75.51mg (7.55%), Selenium: 5.16µg (7.37%), Vitamin B2: 0.11mg (6.2%), Vitamin B3: 1.16mg (5.78%), Vitamin B5: 0.39mg (3.95%), Vitamin C: 2.69mg (3.26%)