



Chickpea-and-Corn Patties



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup breadcrumbs fresh
- ☐ 19 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 3 tablespoons cornmeal divided
- ☐ 1.5 cups corn kernels fresh (3 ears)
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 teaspoons olive oil divided
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon salt

☐ 1 teaspoon or dried fresh minced

Equipment

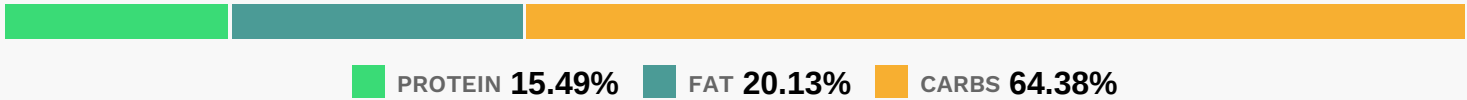
☐ food processor

☐ frying pan

Directions

- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add corn, onion, and thyme; saut 2 minutes.
- ☐ Place onion mixture, chickpeas, breadcrumbs, 2 tablespoons cornmeal, salt, and red pepper in a food processor. Pulse 2 times or until combined and chunky. Divide chickpea mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty; dredge patties in 1 tablespoon cornmeal.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add patties; cook 5 minutes. Carefully turn patties over; cook 5 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:41.96, Glycemic Load:9.04, Inflammation Score:-7, Nutrition Score:15.460434563782%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 282.16kcal (14.11%), Fat: 6.6g (10.15%), Saturated Fat: 1g (6.22%), Carbohydrates: 47.49g (15.83%), Net Carbohydrates: 38.35g (13.95%), Sugar: 6.07g (6.75%), Cholesterol: 0mg (0%), Sodium: 774.13mg (33.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.42g (22.84%), Manganese: 1.44mg (71.84%), Vitamin B6:

0.8mg (40.03%), Fiber: 9.13g (36.53%), Phosphorus: 207.74mg (20.77%), Folate: 81.92µg (20.48%), Vitamin B1: 0.3mg (20.03%), Magnesium: 75.05mg (18.76%), Iron: 3.23mg (17.95%), Copper: 0.31mg (15.32%), Potassium: 454.37mg (12.98%), Vitamin B3: 2.29mg (11.44%), Zinc: 1.69mg (11.3%), Selenium: 7.09µg (10.14%), Vitamin B5: 0.96mg (9.61%), Calcium: 87.68mg (8.77%), Vitamin C: 7.01mg (8.5%), Vitamin B2: 0.12mg (7.32%), Vitamin K: 6.82µg (6.49%), Vitamin A: 184.19IU (3.68%), Vitamin E: 0.43mg (2.86%)