



Chickpea Cakes Piccata



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



585 kcal

Ingredients

- ☐ 2 tbsp capers drained
- ☐ 0.3 cup bob's mill garbanzo bean flour
- ☐ 15 ounces chickpeas drained and rinsed
- ☐ 2 tbsp cornstarch
- ☐ 1 tsp parsley dried
- ☐ 0.3 tsp garlic powder
- ☐ 2 tbsp juice of lemon
- ☐ 1 tsp lemon zest
- ☐ 1 onion diced whole

- ☐ 0.3 tsp onion powder
- ☐ 1 tbsp granulated poultry seasoning (not powdered)
- ☐ 1 tbsp tamari sauce
- ☐ 1 cup water
- ☐ 1 cup white wine
- ☐ 3 garlic cloves whole minced

Equipment

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

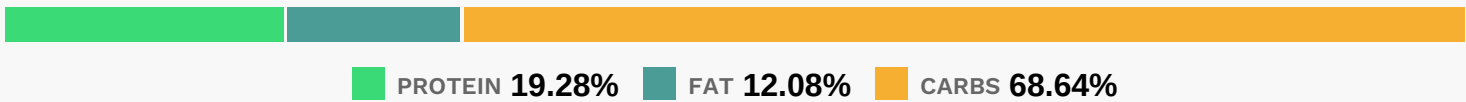
Directions

- ☐ For the chickpea cakes, preheat oven to 350F. Line a cookie sheet with parchment paper and set aside.
- ☐ Place chickpeas in a food processor and pulse about 10 times, until chickpeas are coarsely chopped and no whole chickpeas remain but do not puree.
- ☐ Transfer to a mixing bowl and combine with 1 tbsp poultry seasoning, 1-2 tbsp lemon juice, 1 tbsp tamari, 1 tsp dried parsley, 1/4 tsp garlic powder, 1/4 tsp onion powder and 1/4 cup chickpea flour.
- ☐ Roll 6 balls and flatten gently with the palm of your hand.
- ☐ Transfer patties to the cookie sheet and lightly spray with cooking spray.
- ☐ Bake for 12 minutes, flip, spray and bake another 8 minutes. Meanwhile, prepare sauce. For the sauce, mix cornstarch with 2 tbsp water and set aside. Line a medium pot with a thin layer of water.
- ☐ Saute onion and garlic until soft over high heat, about 3 minutes.
- ☐ Add capers and 1 tbsp poultry spice and cook another 2 to 4 minutes.

- ☐ Add wine and cook until the liquid reduces by half.
- ☐ Add 1 cup water, 2 tbsp lemon juice and lemon zest. Cook until it reduces by half again. Taste test, adding more lemon juice or capers if desired plus salt and pepper to taste. Then add cornstarch mixture and reduce heat to medium and allow the sauce to thicken as desired.
- Nutritional Information

- ☐ Amount Per Serving
- ☐ Calories
- ☐ 40Fat
- ☐ 80g
- ☐ Carbohydrate
- ☐ 60gDietary Fiber17.80gSugars NA Protein20.90g

Nutrition Facts



Properties

Glycemic Index:89.38, Glycemic Load:17.25, Inflammation Score:-9, Nutrition Score:30.733912747839%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 3.58mg, Isorhamnetin: 3.58mg, Isorhamnetin: 3.58mg, Isorhamnetin: 3.58mg Kaempferol: 11.68mg, Kaempferol: 11.68mg, Kaempferol: 11.68mg, Kaempferol: 11.68mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 26.19mg, Quercetin: 26.19mg, Quercetin: 26.19mg, Quercetin: 26.19mg

Nutrients (% of daily need)

Calories: 585.27kcal (29.26%), Fat: 6.9g (10.61%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 88.23g (29.41%), Net Carbohydrates: 68.45g (24.89%), Sugar: 16.09g (17.87%), Cholesterol: 0mg (0%), Sodium: 783.34mg (34.06%), Alcohol: 12.36g (100%), Alcohol %: 2.75% (100%), Protein: 24.78g (49.56%), Manganese: 2.96mg (147.87%), Folate: 453.63µg (113.41%), Fiber: 19.77g (79.1%), Copper: 1.02mg (50.99%), Iron: 8.67mg (48.17%), Phosphorus: 471.68mg (47.17%), Magnesium: 161.06mg (40.26%), Vitamin K: 33.89µg (32.28%), Vitamin B6: 0.62mg (30.98%), Potassium: 998.32mg (28.52%), Zinc: 4.16mg (27.76%), Vitamin B1: 0.38mg (25.35%), Vitamin C: 16.35mg (19.82%), Calcium:

179.94mg (17.99%), Selenium: 10.9µg (15.57%), Vitamin B2: 0.23mg (13.37%), Vitamin B3: 2.13mg (10.66%), Vitamin B5: 0.91mg (9.14%), Vitamin E: 1.04mg (6.93%), Vitamin A: 141.08IU (2.82%)