

Chickpea Crackers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



90 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.5 teaspoon canola oil
- 0.3 cup bob's mill garbanzo bean flour sifted (besan)
- 0.3 cup flour gluten-free red (or flour)
- 1 tablespoon nutritional yeast gluten-free (be sure to buy one marked)
- 4 servings bell pepper smoked spanish for tops
- 0.3 teaspoon salt
- 0.3 teaspoon sesame oil

- 1 teaspoon sesame seed toasted
- 0.1 teaspoon turmeric
- 2 tablespoons water

Equipment

- baking sheet
- oven
- plastic wrap
- cookie cutter
- rolling pin

Directions

- Mix all dry ingredients together well. Stir in the oil and begin stirring in water one tablespoon at a time. The amount will depend on the moisture in your flour. When the dough can be formed into a ball, you have added enough water. (I used 4 tablespoons, but your results may be different. Knead the dough several times to distribute the ingredients, and then roll it in plastic wrap and set it aside while you preheat the oven to 350F. Dust your work area and rolling pin well with the gluten-free flour. After the dough has rested for 10 minutes divide it in half, put half on the floured surface, and sprinkle the top with flour.
- Roll it out until it is as thin as you can get it and still be able to pick it up. (Mine came out a little less than 1/8 inch thick or about 3 mm.)
- Cut it into 1x1-inch squares or use a cookie cutter.
- Place crackers on a non-stick cookie sheet and repeat with other half of dough. Prick each cracker once or twice with a fork (allows for air to escape and keeps them from puffing up).
- Sprinkle with paprika, if desired.
- Bake for 15-20 minutes, being careful not to over- or under-bake.
- Remove from oven and allow them to cool and become crispy. Test one, and if it's not crispy, return to the oven for a few more minutes. After cooking, keep in a sealed container. If they get soft, a few minutes in a hot oven will return them to crispiness.

Nutrition Facts



■ PROTEIN 17.46% ■ FAT 19.24% ■ CARBS 63.3%

Properties

Glycemic Index:56.25, Glycemic Load:3.17, Inflammation Score:-9, Nutrition Score:11.761304285215%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 90.26kcal (4.51%), Fat: 2.06g (3.17%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 11.6g (4.22%), Sugar: 4.2g (4.67%), Cholesterol: 0mg (0%), Sodium: 180.08mg (7.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.43%), Vitamin C: 95.38mg (115.61%), Vitamin A: 2335.71IU (46.71%), Folate: 67.55µg (16.89%), Fiber: 3.68g (14.72%), Vitamin B6: 0.26mg (12.94%), Manganese: 0.22mg (11.05%), Vitamin E: 1.33mg (8.89%), Potassium: 262.14mg (7.49%), Iron: 1.2mg (6.65%), Magnesium: 23.41mg (5.85%), Vitamin B1: 0.08mg (5.38%), Phosphorus: 52.01mg (5.2%), Copper: 0.1mg (5.16%), Vitamin K: 4.73µg (4.51%), Vitamin B3: 0.89mg (4.44%), Vitamin B2: 0.07mg (4.27%), Calcium: 33.58mg (3.36%), Zinc: 0.44mg (2.93%), Vitamin B5: 0.28mg (2.82%), Selenium: 0.87µg (1.25%)