



## Chickpea Flour Omelets with Asparagus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



207 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

### Ingredients

- 8 ounces asparagus ends trimmed cut into 1-inch pieces
- 0.5 teaspoon double-acting baking powder
- 1 tablespoon chia seeds
- 0.5 cup bob's mill garbanzo bean flour (besan or gram flour)
- 1 teaspoon basil dried
- 1 tablespoon chives fresh minced snipped
- 1 small grape tomatoes halved chopped
- 2 tablespoons nutritional yeast

- 2 servings pepper black generous to taste
- 0.5 bell pepper green red chopped
- 0.1 teaspoon salt black (kala namak)
- 0.3 teaspoon salt to taste
- 0.3 teaspoon turmeric
- 0.8 cup water

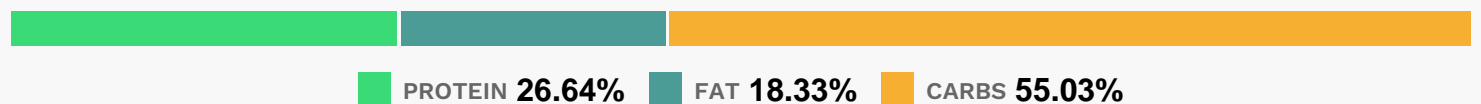
## Equipment

- frying pan
- mixing bowl

## Directions

- Sprinkle with salt to taste, if you like, and set aside. While the asparagus is cooking, mix the chickpea flour with all dry ingredients (nutritional yeast through black pepper) in a medium mixing bowl.
- Add the water, chives, and bell pepper. Allow to stand and thicken while the asparagus cooks or about 10 minutes. Check the batter and add water by the tablespoon if it is not a pourable consistency. It should be like thick pancake batter. Preheat a large non-stick or cast iron skillet over high heat. Once it's hot, reduce the heat to medium and pour half of the batter (about 2/3 cup) into the center of the skillet. Smooth it with the back of a spoon until it's a circle about 6 inches in diameter. If you're using tomatoes, sprinkle half of them on top. Cover tightly and cook for 4 minutes or until the top begins to look bread-like rather than liquidy.
- Add half the asparagus to one side of the omelet and fold the other half over it. Cover and cook for another 3-4 minutes. Repeat with remaining ingredients for one more omelet.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:157.5, Glycemic Load:9.71, Inflammation Score:-10, Nutrition Score:22.508695664613%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 6.56mg, Isorhamnetin: 6.56mg, Isorhamnetin: 6.56mg, Isorhamnetin: 6.56mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 16.63mg, Quercetin: 16.63mg, Quercetin: 16.63mg, Quercetin: 16.63mg

## **Nutrients (% of daily need)**

Calories: 206.83kcal (10.34%), Fat: 4.43g (6.81%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 29.91g (9.97%), Net Carbohydrates: 19.44g (7.07%), Sugar: 6.37g (7.08%), Cholesterol: 0mg (0%), Sodium: 570.75mg (24.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.48g (28.96%), Vitamin K: 64.74µg (61.66%), Folate: 200.5µg (50.12%), Manganese: 0.96mg (47.83%), Fiber: 10.47g (41.9%), Vitamin C: 32.47mg (39.36%), Iron: 5.62mg (31.23%), Copper: 0.6mg (29.92%), Vitamin B1: 0.37mg (24.49%), Magnesium: 95.69mg (23.92%), Phosphorus: 238.93mg (23.89%), Vitamin A: 1123.27IU (22.47%), Potassium: 755.01mg (21.57%), Vitamin B6: 0.34mg (16.89%), Calcium: 157.57mg (15.76%), Vitamin B2: 0.22mg (12.96%), Zinc: 1.85mg (12.33%), Selenium: 8.46µg (12.08%), Vitamin B3: 2.41mg (12.04%), Vitamin E: 1.78mg (11.88%), Vitamin B5: 0.54mg (5.4%)