



Chickpea Pizza

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1.3 cups bob's mill garbanzo bean flour
- ☐ 1 teaspoon rosemary fresh minced
- ☐ 6 tablespoons olive oil extra-virgin divided
- ☐ 6 tablespoons parmesan cheese divided finely grated
- ☐ 0.5 teaspoon salt generous ()
- ☐ 2 cups water divided

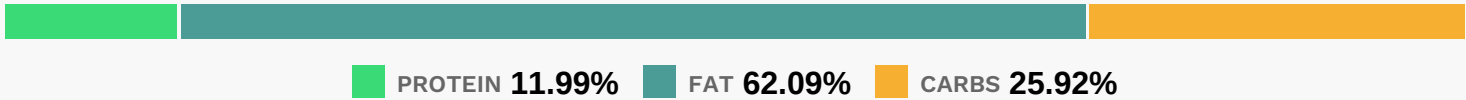
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ broiler

Directions

- ☐ Sift chickpea flour and salt into large bowl.Gradually add 2/3 cup water, whiskinguntil smooth.
- ☐ Whisk in 1 1/3 cups water androsemary.
- ☐ Let stand 30 minutes.
- ☐ Preheat broiler. Spray large nonstickbroiler proof skillet with nonstick spray.
- ☐ Add1 tablespoon oil; heat over medium–highheat.
- ☐ Whisk batter.
- ☐ Pour half of batter intoskillet; drizzle with 2 tablespoons oil. Cookuntil top is almost set, piercing bubbleswith knife, about 4 minutes.
- ☐ Sprinkle with 3tablespoons cheese and 1/4 teaspoon pepper.
- ☐ Broil pizza until golden, 4 to 5 minutes.Slide onto platter. Repeat to make anotherpizza.
- ☐ Cut into wedges; serve hot or warm.
- ☐ * Available at some specialty foods andnatural foods stores and at Indian and
- ☐ Middle Eastern markets.

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:5.75, Inflammation Score:-3, Nutrition Score:5.9800000242565%

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

Nutrients (% of daily need)

Calories: 186.34kcal (9.32%), Fat: 12.89g (19.84%), Saturated Fat: 2.17g (13.57%), Carbohydrates: 12.11g (4.04%), Net Carbohydrates: 9.92g (3.61%), Sugar: 2.17g (2.41%), Cholesterol: 3.26mg (1.09%), Sodium: 226.96mg (9.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.2%), Folate: 87.66µg (21.91%), Manganese: 0.34mg (16.98%), Vitamin E: 1.7mg (11.32%), Copper: 0.2mg (9.76%), Magnesium: 35.33mg (8.83%), Fiber: 2.19g (8.77%), Phosphorus: 87.58mg (8.76%), Vitamin K: 8.41µg (8.01%), Vitamin B1: 0.1mg (6.56%), Iron: 1.06mg (5.9%), Potassium: 177.98mg (5.09%), Vitamin B6: 0.1mg (5.09%), Zinc: 0.73mg (4.88%), Calcium: 44.71mg (4.47%), Selenium: 2.98µg (4.26%), Vitamin B2: 0.03mg (2.02%), Vitamin B3: 0.36mg (1.78%), Vitamin B5: 0.14mg (1.35%)