



Curried Chickpea Canapés with Ginger-Carrot Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons almonds toasted sliced
- ☐ 1 tablespoon butter
- ☐ 2.3 cups carrots thinly sliced
- ☐ 1 cup bob's mill garbanzo bean flour
- ☐ 1 tablespoon curry powder
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 2 teaspoons ginger fresh minced peeled

- ☐ 1 tablespoon honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 teaspoon sea salt fine
- ☐ 0.8 teaspoon sea salt fine
- ☐ 2 cups water
- ☐ 2.7 cups water cold
- ☐ 0.1 teaspoon pepper white
- ☐ 20 servings canapes
- ☐ 20 servings canapes

Equipment

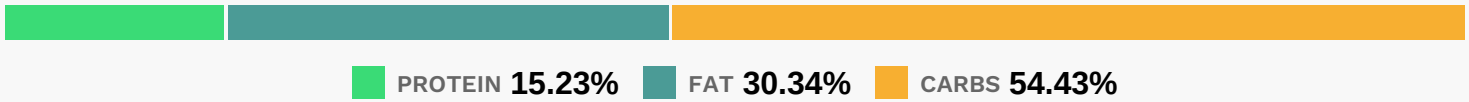
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ ziploc bags
- ☐ measuring cup

Directions

- ☐ To prepare canaps, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, 2 2/3 cups water, and 3/4 teaspoon salt in a medium saucepan, stirring with a whisk. Bring to a boil, stirring constantly. Cover, reduce heat, and simmer 20 minutes. Uncover and stir with a whisk until smooth.
- ☐ Pour into an 11 x 7-inch baking dish coated with cooking spray; sprinkle evenly with curry powder. Chill 1 hour or until firm.
- ☐ Preheat oven to 37

- ☐ Cut chickpea mixture into 40 (1-inch) squares; place on a jelly roll pan coated with cooking spray.
- ☐ Bake at 375 for 20 minutes or until golden. Cool.
- ☐ To prepare butter, combine carrot, 2 cups water, butter, honey, and ginger in a large saucepan. Bring mixture to a boil. Cover, reduce heat, and simmer 7 minutes or until carrot is tender. Increase heat to medium-high; uncover and cook 12 minutes or until liquid is absorbed.
- ☐ Combine carrot mixture, lemon juice, 1/4 teaspoon salt, and pepper in a food processor; process until smooth.
- ☐ Place carrot butter in a zip-top plastic bag; seal. Snip a small hole in 1 corner of bag; pipe about 1 teaspoon carrot butter onto each canap.
- ☐ Sprinkle canaps evenly with almonds and cilantro.

Nutrition Facts



Properties

Glycemic Index:13.61, Glycemic Load:2.66, Inflammation Score:-9, Nutrition Score:4.7521739014141%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 44.69kcal (2.23%), Fat: 1.55g (2.38%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 6.25g (2.08%), Net Carbohydrates: 4.95g (1.8%), Sugar: 2.3g (2.55%), Cholesterol: 1.5mg (0.5%), Sodium: 137.94mg (6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Vitamin A: 2520.43IU (50.41%), Manganese: 0.16mg (7.77%), Folate: 30.2µg (7.55%), Fiber: 1.3g (5.21%), Copper: 0.08mg (4.21%), Magnesium: 15.96mg (3.99%), Vitamin E: 0.49mg (3.26%), Potassium: 113.06mg (3.23%), Phosphorus: 30.54mg (3.05%), Vitamin K: 2.99µg (2.85%), Vitamin

B1: 0.04mg (2.81%), Vitamin B6: 0.06mg (2.8%), Iron: 0.47mg (2.62%), Zinc: 0.26mg (1.72%), Vitamin B2: 0.03mg (1.66%), Vitamin B3: 0.3mg (1.52%), Vitamin C: 1.23mg (1.5%), Calcium: 13.85mg (1.38%)