



Farinata (Crisp Chickpea-Flour Crêpes)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



59 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 cups bob's mill garbanzo bean flour italian such as bartolini or lucini italia)*
- ☐ 1 tablespoon kosher salt
- ☐ 1 cup olive oil extra-virgin divided
- ☐ 12 slices pistachio-studded mortadella very thin sliced (at your deli or butcher)
- ☐ 12 oz roasted peppers red packed in oil*

Equipment

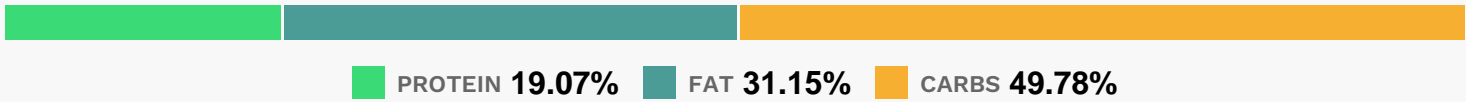
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ whisk

Directions

- ☐ Whisk chickpea flour, salt, and 5 1/2 cups water together in a bowl. Cover and set aside at least 4 hours and up to overnight.
- ☐ Preheat oven to 50
- ☐ Whisk 3/4 cup oil into chickpea batter.
- ☐ Heat two 10-in. cast-iron skillets or ovenproof frying pans in oven, 5 minutes. Swirl about 1 tbsp. oil into each, then pour enough batter into pans to come about 1/3 in. up sides.
- ☐ Bake 20 minutes, or until edges are crisp and golden brown and centers are lightly browned on top.
- ☐ Meanwhile, peel and seed peppers, then cut into wide strips.
- ☐ Lift each farinata out of its pan to a plate or serving board and top with either red peppers or mortadella.
- ☐ Cut each into 8 wedges.
- ☐ Serve immediately. Repeat with remaining batter and ingredients to make 1 more farinata.
- ☐ *Find chickpea flour at well-stocked grocery stores. The Italian kind, which tends to be fresher and tastier, is available at Whole Foods Market. If you can't find oil-packed peppers, broil 2 large red bell peppers, turning often, until they're blackened all over; then peel and seed them, cut into wide strips, and marinate in olive oil for at least a day.

Nutrition Facts



Properties

Glycemic Index:1.98, Glycemic Load:3.45, Inflammation Score:-2, Nutrition Score:3.3765216910321%

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: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 59.2kcal (2.96%), Fat: 2.04g (3.15%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 7.35g (2.45%), Net Carbohydrates: 5.92g (2.15%), Sugar: 1.33g (1.47%), Cholesterol: 0mg (0%), Sodium: 298.55mg (12.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.63%), Folate: 53.95µg (13.49%), Manganese: 0.21mg (10.48%), Copper: 0.12mg (6.23%), Fiber: 1.43g (5.72%), Magnesium: 21.22mg (5.31%), Vitamin C: 3.97mg (4.81%), Vitamin B1: 0.06mg (4.2%), Phosphorus: 41.33mg (4.13%), Vitamin B6: 0.08mg (3.96%), Iron: 0.67mg (3.73%), Potassium: 117.06mg (3.34%), Zinc: 0.36mg (2.4%), Vitamin E: 0.26mg (1.75%), Vitamin K: 1.74µg (1.66%), Selenium: 1.04µg (1.49%), Vitamin B3: 0.26mg (1.31%), Vitamin A: 50.39IU (1.01%)