



Farinata with Sage, Olives, and Onion



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



125 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 1 cup chick-pea flour
- ☐ 4.5 tablespoons olive oil
- ☐ 30 niçoise olives pitted
- ☐ 1.3 teaspoons salt
- ☐ 2 cups water cold
- ☐ 0.5 large onion white thinly sliced

Equipment

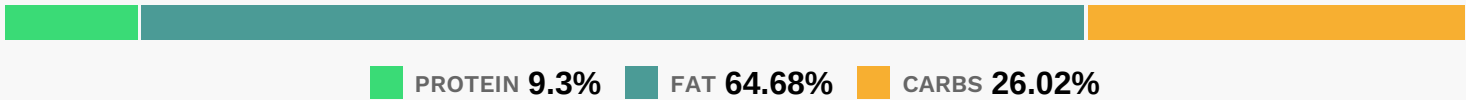
- ☐ frying pan

- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ broiler
- ☐ cutting board
- ☐ pizza stone

Directions

- ☐ At least 1 hour before making farinata, set a pizza stone on rack in upper third of oven and preheat oven to 550°F.
- ☐ Whisk together chick-pea flour and water until smooth, then whisk in salt and 2 tablespoons of oil.
- ☐ Let stand at least 30 minutes at room temperature.
- ☐ Cook onion with salt to taste in 1 tablespoon oil in a large heavy skillet over moderate heat, stirring occasionally, until golden, about 10 minutes, then cool.
- ☐ Put a seasoned 10-inch cast-iron round griddle on pizza stone and heat 10 minutes.
- ☐ Remove pan from oven and add 1/2 tablespoon oil, tilting to coat evenly. Working quickly, stir batter and ladle about 7/8 cup (1 cup minus 2 tablespoons) evenly into pan (batter will sizzle and start to set almost immediately). Quickly scatter a third of the onion, olives, and sage leaves over the batter and carefully return pan to pizza stone. If using an oven with a built-in broiler, bake 12 minutes, then turn oven setting to broil for 1 to 5 minutes. If using an oven with broiler underneath, bake 15 minutes, then transfer pan to broiler for 1 to 2 minutes. Edges should be golden brown and crisp and top flecked with golden spots.
- ☐ Slide farinata onto a cutting board. Make 2 more in same manner, reheating pan 5 minutes for each successive farinata. Halve farinata and cut into strips.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:5.99, Inflammation Score:-4, Nutrition Score:6.3286957015162%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 204.22kcal (10.21%), Fat: 14.91g (22.94%), Saturated Fat: 2g (12.49%), Carbohydrates: 13.5g (4.5%), Net Carbohydrates: 10.47g (3.81%), Sugar: 2.81g (3.12%), Cholesterol: 0mg (0%), Sodium: 813.93mg (35.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Folate: 90.38µg (22.59%), Manganese: 0.34mg (16.87%), Vitamin E: 2.44mg (16.28%), Fiber: 3.03g (12.13%), Copper: 0.22mg (11.21%), Magnesium: 37.45mg (9.36%), Vitamin K: 8.47µg (8.07%), Vitamin B1: 0.11mg (7.14%), Phosphorus: 68.03mg (6.8%), Iron: 1.16mg (6.44%), Vitamin B6: 0.12mg (5.98%), Potassium: 196.05mg (5.6%), Zinc: 0.6mg (4%), Selenium: 1.9µg (2.72%), Calcium: 25.05mg (2.5%), Vitamin B3: 0.41mg (2.07%), Vitamin A: 87.05IU (1.74%), Vitamin B2: 0.03mg (1.53%), Vitamin B5: 0.14mg (1.41%), Vitamin C: 0.93mg (1.12%)