

**11%**  
HEALTH SCORE

## Fried Garbanzo Polenta - Pannelle

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



230 kcal

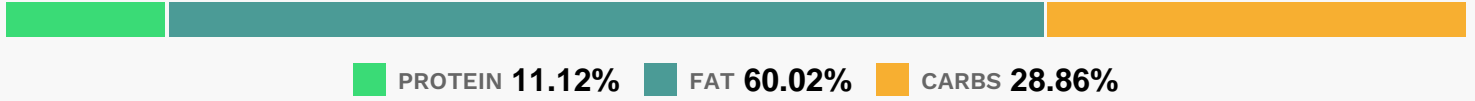
SIDE DISH

### Ingredients

- 0.3 lb bob's mill garbanzo bean flour (chickpea flour)
- 0.3 teaspoon garlic powder
- 0.3 cup olive oil
- 1 tablespoon flat parsley italian minced
- 0.3 teaspoon pepper
- 1 teaspoon salt
- 2 cups water

# Equipment

## Nutrition Facts



## Properties

Glycemic Index:32.5, Glycemic Load:8.16, Inflammation Score:-5, Nutrition Score:8.5495652173913%

## Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

## Nutrients (% of daily need)

Calories: 230.35kcal (11.52%), Fat: 15.41g (23.71%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 16.67g (5.56%), Net Carbohydrates: 13.53g (4.92%), Sugar: 3.09g (3.43%), Cholesterol: 0mg (0%), Sodium: 606.4mg (26.37%), Protein: 6.42g (12.84%), Folate: 125.52µg (31.38%), Vitamin K: 27.31µg (26.01%), Manganese: 0.47mg (23.72%), Vitamin E: 2.19mg (14.6%), Copper: 0.28mg (14.1%), Fiber: 3.14g (12.57%), Magnesium: 49.12mg (12.28%), Vitamin B1: 0.14mg (9.31%), Phosphorus: 91.71mg (9.17%), Iron: 1.54mg (8.57%), Vitamin B6: 0.14mg (7.19%), Potassium: 249.53mg (7.13%), Zinc: 0.83mg (5.52%), Selenium: 2.41µg (3.44%), Vitamin B3: 0.52mg (2.58%), Vitamin A: 96.55IU (1.93%), Calcium: 18.88mg (1.89%), Vitamin B2: 0.03mg (1.85%), Vitamin B5: 0.18mg (1.79%), Vitamin C: 1.33mg (1.61%)