



HEALTH SCORE

100%

Green Garlic Panisse



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



4833 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 tablespoons butter
- ☐ 3.5 cups bob's mill garbanzo bean flour sifted
- ☐ 9 ounces garlic white green
- ☐ 1 serving grapeseed oil for deep frying
- ☐ 3 tablespoons kosher salt
- ☐ 1 lemon zest
- ☐ 7.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 8 cups milk whole

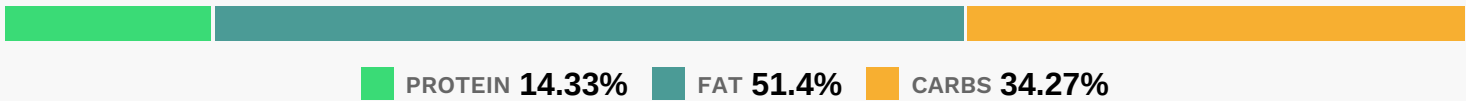
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ baking paper
- ☐ whisk
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ Line a half sheet pan (13 by 18 by 1-inch pan) with oiled parchment paper.
- ☐ Split the garlic lengthwise and rinse carefully to remove any dirt. Dry the garlic on a towel, then slice it as thinly as possible. Melt the butter with the olive oil, add the garlic, cover with a cartouche, and cook over low heat until translucent.
- ☐ Transfer to a large pot and add the milk and salt. Increase the heat to medium-high and slowly add the chickpea flour while whisking constantly to avoid lumps. Cook over high heat until the mixture begins pulling away from the sides of the pan and the starchy flavor has cooked out.
- ☐ Pour the dough onto the prepared pan and spread evenly. Zest the lemon over the entire surface.
- ☐ Place plastic wrap directly on top of the panisse to prevent a skin from forming. Refrigerate for about 1 hour, until completely set.
- ☐ Cut into desired shapes.
- ☐ Heat the grapeseed oil to 350°F (175°C) and fry the panisse pieces in small batches for about 30 seconds, until golden brown and crispy.
- ☐ Drain on paper towels, arrange on a platter, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:258.5, Glycemic Load:178.88, Inflammation Score:-10, Nutrition Score:93.631304201872%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 4.11mg, Myricetin: 4.11mg, Myricetin: 4.11mg, Myricetin: 4.11mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 4832.67kcal (241.63%), Fat: 279.12g (429.41%), Saturated Fat: 104.58g (653.6%), Carbohydrates: 418.61g (139.54%), Net Carbohydrates: 367.86g (133.77%), Sugar: 142.1g (157.88%), Cholesterol: 444.94mg (148.31%), Sodium: 22615.51mg (983.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 175.13g (350.27%), Manganese: 11.12mg (555.92%), Folate: 1846.1µg (461.53%), Phosphorus: 3721.17mg (372.12%), Vitamin B6: 6.42mg (321.23%), Calcium: 3089.56mg (308.96%), Magnesium: 997.81mg (249.45%), Vitamin B1: 3.65mg (243.33%), Copper: 4.63mg (231.47%), Potassium: 7534.6mg (215.27%), Vitamin B2: 3.45mg (203.13%), Fiber: 50.75g (202.98%), Vitamin B12: 10.71µg (178.46%), Selenium: 109.22µg (156.02%), Zinc: 22.91mg (152.72%), Vitamin E: 22.87mg (152.45%), Vitamin D: 21.47µg (143.15%), Iron: 25.54mg (141.9%), Vitamin A: 5806.64IU (116.13%), Vitamin B5: 11.46mg (114.57%), Vitamin K: 118.48µg (112.84%), Vitamin C: 80.14mg (97.13%), Vitamin B3: 11.28mg (56.39%)