



Grilled Chickpea Polenta Cakes with Chive Oil and Lemon

 Vegetarian  Gluten Free  Dairy Free

READY IN



124 min.

SERVINGS



8

CALORIES



381 kcal

Ingredients

- 2 cups chickpeas canned rinsed drained
- 8 cups chicken stock see
- 1 cup chives chopped
- 8 servings chives fresh finely chopped
- 2 cloves garlic finely chopped
- 8 servings lemon zest finely grated
- 0.5 cup olive oil
- 1 cup olive oil extra-virgin

- 2 tablespoons olive oil
- 1 onion spanish finely chopped
- 2 cups polenta
- 8 servings salt and pepper
- 8 servings salt and pepper black freshly ground

Equipment

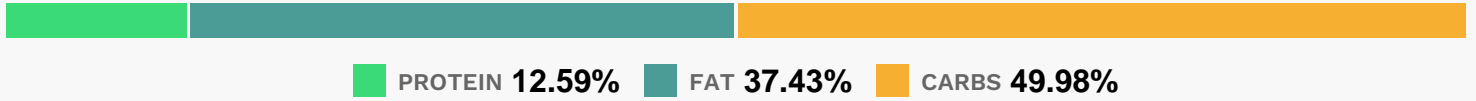
- baking sheet
- sauce pan
- whisk
- blender
- wooden spoon
- grill

Directions

- Watch how to make this recipe.
- Heat olive oil in a large saucepan on the grates of the grill.
- Add the onions and garlic and cook until soft.
- Add chickpeas, stock and salt and pepper and cook until chickpeas are very soft. *
- Transfer mixture carefully, in batches, to a blender and blend until smooth. Return the mixture to the saucepan and bring to a boil. Slowly whisk in the polenta, stirring constantly, and continue whisking until mixture begins to bubble. Reduce heat to medium and continue cooking, stirring with a wooden spoon until the mixture is thickened and cooked, about 30 minutes. Season with salt and pepper, to taste.
- Spread the mixture into a baking sheet, cover with plastic and place in the refrigerator until cold and very firm, about 4 hours. When the polenta is firm, remove from the refrigerator and, using a 2-inch ring mold, cut out circles of the polenta.
- Preheat a grill to medium-high.
- Season the polenta circles with salt and pepper on both sides, brush with oil and grill on both sides until golden brown, about 2 to 3 minutes per side.

- Remove from grill, drizzle with chive oil and garnish with lemon zest and chives.
- Combine ingredients in a blender and blend for 5 minutes. Season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:27.42, Glycemic Load:1.92, Inflammation Score:-5, Nutrition Score:10.523913031039%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 381.26kcal (19.06%), Fat: 15.82g (24.34%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 47.53g (15.84%), Net Carbohydrates: 44.65g (16.24%), Sugar: 4.76g (5.29%), Cholesterol: 7.2mg (2.4%), Sodium: 652.49mg (28.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.97g (23.94%), Manganese: 0.44mg (22.17%), Vitamin B3: 4.38mg (21.92%), Vitamin B6: 0.43mg (21.67%), Vitamin K: 20.59µg (19.61%), Selenium: 13.09µg (18.71%), Vitamin B2: 0.24mg (13.99%), Phosphorus: 135.41mg (13.54%), Copper: 0.24mg (12.04%), Vitamin E: 1.76mg (11.73%), Potassium: 408.14mg (11.66%), Fiber: 2.89g (11.54%), Vitamin B1: 0.16mg (10.77%), Iron: 1.62mg (9.01%), Magnesium: 35.69mg (8.92%), Folate: 33.22µg (8.3%), Vitamin A: 360.58IU (7.21%), Vitamin C: 5.52mg (6.69%), Zinc: 0.85mg (5.66%), Vitamin B5: 0.36mg (3.58%), Calcium: 33.33mg (3.33%)