



How to Make Farinata



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



132 kcal

SIDE DISH

Ingredients

- ☐ 10 servings pepper black freshly ground to taste
- ☐ 1.5 cups garbanzo flour
- ☐ 1.5 teaspoons kosher salt
- ☐ 5 tablespoons olive oil divided
- ☐ 2 cups water lukewarm

Equipment

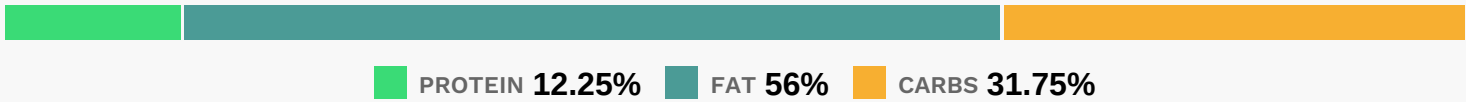
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Combine garbanzo flour and water in a bowl; whisk until batter is smooth. Cover bowl with plastic wrap or a plate and let stand at room temperature for 2 hours. Skim as much foam as possible from top of batter.
- ☐ Whisk salt, rosemary, and 3 tablespoons olive oil into batter.
- ☐ Preheat oven to 500 degrees F (260 degrees C).
- ☐ Place a 10-inch cast-iron skillet over high heat and heat until smoking hot.
- ☐ Pour 2 tablespoons olive oil in skillet and swirl to coat bottom of skillet with oil. Continue to heat until oil shimmers and a wisp of smoke rises from oil.
- ☐ Quickly pour batter into hot oil; carefully transfer skillet to preheated oven.
- ☐ Bake in the preheated oven until cake is browned and crusty, 25 to 30 minutes.
- ☐ Transfer immediately to a plate, cut into wedges, and serve hot.
- ☐ Garnish with freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:9.3, Glycemic Load:5.18, Inflammation Score:-3, Nutrition Score:4.7173913160096%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 131.79kcal (6.59%), Fat: 8.21g (12.63%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 8.5g (3.09%), Sugar: 1.95g (2.17%), Cholesterol: 0mg (0%), Sodium: 362.87mg (15.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Folate: 78.68µg (19.67%), Manganese: 0.3mg (15.08%), Copper: 0.17mg (8.67%), Fiber: 1.97g (7.88%), Vitamin E: 1.16mg (7.72%), Magnesium: 30.53mg (7.63%), Vitamin B1:

0.09mg (5.84%), Phosphorus: 57.4mg (5.74%), Vitamin K: 6.02µg (5.73%), Iron: 0.93mg (5.15%), Vitamin B6: 0.09mg (4.44%), Potassium: 153.75mg (4.39%), Zinc: 0.51mg (3.42%), Selenium: 1.5µg (2.14%), Vitamin B3: 0.32mg (1.59%), Vitamin B2: 0.02mg (1.13%), Vitamin B5: 0.11mg (1.1%), Calcium: 10.25mg (1.02%)