



Indian Spinach-and-Chickpea Fritters



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



24

CALORIES



214 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.3 teaspoon double-acting baking powder



1 cup chickpeas canned rinsed drained roughly chopped



0.3 teaspoon cayenne pepper



1 cup bob's mill garbanzo bean flour all-purpose (available at Middle Eastern, Indian or health-food stores)



0.3 cup cornstarch



1 teaspoon cumin seeds



1 tablespoon ginger minced peeled



24 servings kosher salt

- ☐ 24 servings mango chutney for serving
- ☐ 0.5 onion finely chopped
- ☐ 10 ounce pkt spinach frozen dry thawed chopped
- ☐ 24 servings vegetable oil for deep-frying

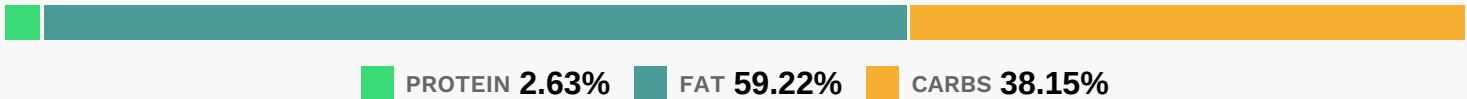
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Whisk the chickpea flour, cornstarch, baking powder, cumin seeds, cayenne and 3/4 teaspoon salt in a bowl.
- ☐ Add 2/3 cup water and whisk until smooth.
- ☐ Add the onion, chickpeas, spinach and ginger to the batter and mix to combine.
- ☐ Heat 2 inches of vegetable oil in a deep heavy-bottomed pot until a deep-fry thermometer registers 325 degrees. Working in batches, drop heaping tablespoonfuls of batter into the oil (do not crowd the pan). Cook until lightly golden, about 2 minutes, turning as needed.
- ☐ Transfer with a slotted spoon to a paper-towel-lined plate. Cool slightly, then gently press each fritter into a small disk, about 1/3 inch thick.
- ☐ Return the fritters to the hot oil and fry until crisp and golden brown, about 1 more minute. Season with salt and serve with chutney.
- ☐ Photograph by Kate Sears

Nutrition Facts



Properties

Glycemic Index:14.22, Glycemic Load:10.65, Inflammation Score:-7, Nutrition Score:7.2195654122726%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 214.39kcal (10.72%), Fat: 14.29g (21.99%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 20.72g (6.91%), Net Carbohydrates: 19.64g (7.14%), Sugar: 9.9g (11%), Cholesterol: 0mg (0%), Sodium: 232.84mg (10.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin K: 69.73µg (66.41%), Vitamin A: 1395.91IU (27.92%), Vitamin E: 1.53mg (10.17%), Manganese: 0.19mg (9.53%), Folate: 31.07µg (7.77%), Selenium: 3.07µg (4.38%), Fiber: 1.08g (4.3%), Vitamin B2: 0.07mg (4.09%), Iron: 0.73mg (4.03%), Vitamin B1: 0.06mg (3.94%), Magnesium: 13.4mg (3.35%), Vitamin C: 2.62mg (3.18%), Vitamin B6: 0.06mg (3.15%), Copper: 0.06mg (2.91%), Calcium: 26.39mg (2.64%), Phosphorus: 23.01mg (2.3%), Potassium: 78.24mg (2.24%), Vitamin B3: 0.39mg (1.97%), Zinc: 0.17mg (1.15%)