



HEALTH SCORE

69%

## Jumbo Chickpea Pancake



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



20 min.

SERVINGS



1

CALORIES



254 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 cup bob's mill garbanzo bean flour (also known as garbanzo flour or besan)
- ☐ 0.3 teaspoon grain sea salt fine
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 cup green onion finely chopped
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 0.5 cup tablespoons water

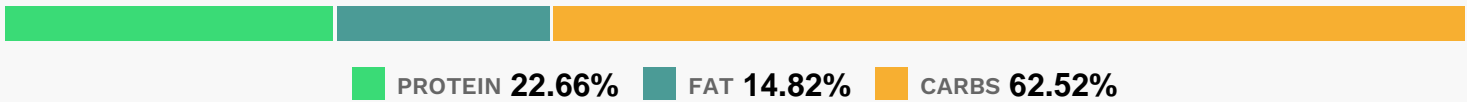
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

# Directions

- ☐ Prepare the vegetables and set aside. Preheat a 10-inch skillet over medium heat. In a small bowl, whisk together the chickpea flour, garlic powder, salt, pepper, baking powder, and optional red pepper flakes.
- ☐ Add the water and whisk well until no clumps remain. I like to whisk it for a good 15 seconds to create lots of air bubbles in the batter. Stir in the chopped vegetables. When the skillet is preheated (a drop of water should sizzle on the pan), spray it liberally with olive oil or other non stick cooking spray.
- ☐ Pour on all of the batter (if making 1 large pancake) and quickly spread it out all over the pan. Cook for about 5–6 minutes on one side (timing will depend on how hot your pan is), until you can easily slide a pancake flipper/spatula under the pancake and it's firm enough not to break when flipping. Flip pancake carefully and cook for another 5 minutes, until lightly golden. Be sure to cook for enough time as this pancake takes much longer to cook compared to regular pancakes.
- ☐ Serve on a large plate and top with your desired toppings. Leftovers can be wrapped up and placed in the fridge. Reheat on a skillet until warmed throughout.

# Nutrition Facts



# Properties

Glycemic Index:254, Glycemic Load:18.36, Inflammation Score:-9, Nutrition Score:23.175217379694%

# Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin:

2.76mg

Nutrients (% of daily need)

Calories: 253.52kcal (12.68%), Fat: 4.19g (6.44%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 39.76g (13.25%), Net Carbohydrates: 31.71g (11.53%), Sugar: 8.68g (9.64%), Cholesterol: 0mg (0%), Sodium: 737.67mg (32.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.41g (28.82%), Folate: 295.73µg (73.93%), Vitamin C: 52.39mg (63.5%), Vitamin K: 59.45µg (56.62%), Manganese: 1.08mg (54.13%), Fiber: 8.05g (32.18%), Copper: 0.6mg (30.05%), Vitamin A: 1441.52IU (28.83%), Magnesium: 111.54mg (27.89%), Phosphorus: 235.15mg (23.51%), Vitamin B1: 0.33mg (21.93%), Vitamin B6: 0.43mg (21.6%), Iron: 3.63mg (20.16%), Potassium: 667.79mg (19.08%), Zinc: 1.92mg (12.77%), Calcium: 111.98mg (11.2%), Vitamin E: 1.23mg (8.21%), Vitamin B3: 1.56mg (7.81%), Selenium: 5.36µg (7.66%), Vitamin B2: 0.12mg (6.87%), Vitamin B5: 0.51mg (5.1%)