



Mediterranean Chickpea Patties

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



249 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 15.5 ounce chickpeas rinsed drained canned
- ☐ 1 eggs
- ☐ 4 tablespoons flour all-purpose divided
- ☐ 0.5 cup flat-leaf parsley fresh
- ☐ 1 garlic clove chopped
- ☐ 1 cup grape tomatoes halved
- ☐ 0.3 teaspoon ground cumin

- ☐ 0.5 teaspoon kosher salt divided
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.5 cup yogurt low-fat greek-style
- ☐ 8 cups salad greens mixed
- ☐ 2 tablespoons olive oil
- ☐ 0.5 small onion red thinly sliced

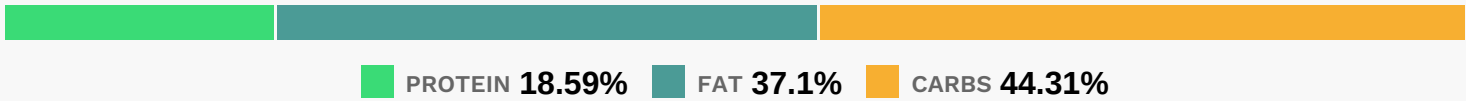
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Pulse first 4 ingredients (through cumin) and 1/4 teaspoon each salt and pepper in a food processor until coarsely chopped and mixture comes together.
- ☐ Transfer to a bowl, add egg and 2 tablespoons flour; form into 8 (1/2-inch-thick) patties.
- ☐ Place remaining flour in a small dish and roll patties in it with floured hands; tap off excess flour.
- ☐ Heat oil in a nonstick skillet over medium-high heat. Cook patties for 2-3 minutes per side or until golden.
- ☐ Whisk together the yogurt, lemon juice, and remaining salt and pepper. Divide greens, tomatoes, onion, and patties evenly among 4 plates; drizzle each salad with 2 tablespoons dressing.
- ☐ Serve with pita chips, if desired.

Nutrition Facts



Properties

Glycemic Index:69.83, Glycemic Load:9.01, Inflammation Score:-9, Nutrition Score:21.824782547743%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 249.23kcal (12.46%), Fat: 10.62g (16.35%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 22.47g (8.17%), Sugar: 2.8g (3.11%), Cholesterol: 42.17mg (14.06%), Sodium: 648.9mg (28.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.96%), Vitamin K: 130.7µg (124.47%), Manganese: 1.2mg (59.78%), Vitamin C: 39.36mg (47.71%), Vitamin A: 1931.74IU (38.63%), Vitamin B6: 0.69mg (34.52%), Folate: 99.64µg (24.91%), Fiber: 6.09g (24.36%), Phosphorus: 203.31mg (20.33%), Iron: 3.18mg (17.66%), Selenium: 11.13µg (15.89%), Potassium: 524.44mg (14.98%), Copper: 0.28mg (13.91%), Vitamin B2: 0.24mg (13.86%), Magnesium: 55.16mg (13.79%), Vitamin B1: 0.16mg (10.65%), Calcium: 105.68mg (10.57%), Zinc: 1.44mg (9.63%), Vitamin E: 1.41mg (9.43%), Vitamin B5: 0.81mg (8.11%), Vitamin B3: 1.45mg (7.23%), Vitamin B12: 0.27µg (4.55%), Vitamin D: 0.22µg (1.47%)