



## Sage Farinata

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



131 kcal

SIDE DISH

### Ingredients

- 0.3 cup sage leaves fresh rinsed drained
- 1 cup garbanzo flour
- 2 tablespoons olive oil
- 6 oz onion
- 0.3 teaspoon salt

### Equipment

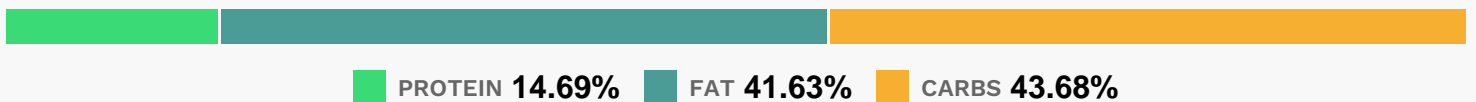
- bowl
- frying pan

- whisk
- blender
- spatula

## Directions

- Put oil in a 9- to 10-inch ovenproof frying pan.
- Add sage leaves and mix to coat with oil, then lift out leaves and put in a small bowl.
- Peel and thinly slice onion. Put onion in frying pan over medium-high heat and stir often until golden and sweet-tasting, about 10 minutes.
- Meanwhile, in a bowl, whisk garbanzo flour and 1/4 teaspoon salt with 1 1/2 cups water until smooth.
- Reduce heat under onions to medium-low. Push onion slices to center of pan and pour garbanzo mixture around them, then lift onions so batter can flow under them.
- Sprinkle socca with sage leaves. Cook until socca feels dry when lightly touched and is browned on the bottom (lift carefully with a spatula to check), 12 to 14 minutes.
- Broil 6 to 8 inches from heat until top is lightly browned, 3 to 4 minutes.
- Cut into wedges and serve with a wide spatula.
- Add salt to taste.
- Canned option: If garbanzo flour isn't available, omit it from preceding recipe. Instead, drain 1 can (15 1/2 oz.) garbanzos, reserving 6 tablespoons of the liquid. Whirl garbanzos, reserved liquid, and 1 tablespoon all-purpose flour in a blender until very smooth. Use in step
- Mixture will still feel moist on top when browned on bottom, step 4, and will take 3 to 4 minutes longer to brown when broiled, step

## Nutrition Facts



## Properties

Glycemic Index:14.67, Glycemic Load:6.32, Inflammation Score:-4, Nutrition Score:9.3769565535628%

## 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 Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

## **Nutrients (% of daily need)**

Calories: 130.78kcal (6.54%), Fat: 6.06g (9.32%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 14.3g (4.77%), Net Carbohydrates: 11.62g (4.23%), Sugar: 3.37g (3.75%), Cholesterol: 0mg (0%), Sodium: 110.95mg (4.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.63%), Copper: 1.83mg (91.68%), Folate: 92.79µg (23.2%), Manganese: 0.41mg (20.53%), Fiber: 2.68g (10.72%), Magnesium: 36.96mg (9.24%), Vitamin B1: 0.11mg (7.46%), Phosphorus: 72.02mg (7.2%), Vitamin B6: 0.13mg (6.62%), Iron: 1.12mg (6.22%), Potassium: 212.96mg (6.08%), Vitamin E: 0.84mg (5.62%), Vitamin K: 4.74µg (4.52%), Zinc: 0.62mg (4.14%), Selenium: 1.8µg (2.57%), Vitamin C: 2.1mg (2.54%), Vitamin B3: 0.39mg (1.93%), Calcium: 19.17mg (1.92%), Vitamin B2: 0.03mg (1.74%), Vitamin B5: 0.16mg (1.56%)