

food
network



HEALTH SCORE

77%

Soccas with Kale and Raisins



Vegetarian



Gluten Free



Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon agave nectar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 stick celery diced finely
- ☐ 0.8 cup bob's mill garbanzo bean flour garbanzo bean flour
- ☐ 12 medium green beans trimmed cut into 1/2-inch pieces
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin

- ☐ 8 ounce kale green thick chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon juice of lemon fresh from
- ☐ 0.5 cup greek yogurt low-fat at room temperature
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup pinenuts toasted
- ☐ 0.3 cup raisins
- ☐ 1 large shallots minced
- ☐ 0.5 cup white wine such as pinot grigio

Equipment

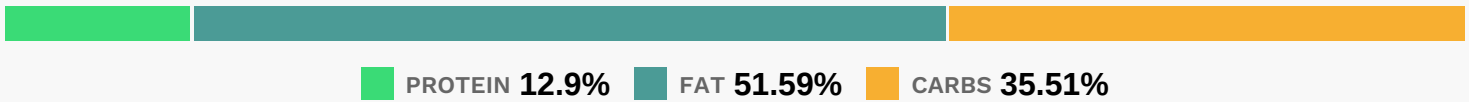
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ baking spatula

Directions

- ☐ For the soccas: In a medium, bowl, whisk together the chickpea flour, 3/4 cup water, 2 tablespoons of the olive oil, the salt, cumin and coriander. In a 10-inch nonstick skillet, heat 1 teaspoon of the oil over medium-high heat.
- ☐ Pour 1/3 cup of the batter into the pan. Tilt the pan so the batter coats the bottom of the pan. Cook until the underside edges begin to turn golden, about 3 minutes. Using a heat-proof silicone spatula, flip the socca and continue to cook on the other side until golden, 3 minutes. Repeat with the remaining oil and batter.
- ☐ For the filling: In a 12-inch nonstick skillet, heat the oil over medium-high heat.
- ☐ Add the green beans, celery, shallots, salt and pepper. Cook for 5 minutes, stirring frequently, until the vegetables begin to soften.

- ☐ Add the kale and wine. Stir until the kale wilts, about 3 minutes. Stir in the pine nuts and raisins.
- ☐ For the topping: In a small bowl, whisk together the yogurt, agave, lemon juice, coriander, cumin, salt and pepper until smooth.
- ☐ To assemble, spoon the filling into the center of each socca.
- ☐ Roll up the socca like a jelly roll to encase the filling. Spoon the topping on top and serve.

Nutrition Facts



Properties

Glycemic Index:77.95, Glycemic Load:12.53, Inflammation Score:-10, Nutrition Score:28.330435151639%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 13.38mg, Isorhamnetin: 13.38mg, Isorhamnetin: 13.38mg, Isorhamnetin: 13.38mg Kaempferol: 26.63mg, Kaempferol: 26.63mg, Kaempferol: 26.63mg, Kaempferol: 26.63mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.3mg, Quercetin: 13.3mg, Quercetin: 13.3mg, Quercetin: 13.3mg

Nutrients (% of daily need)

Calories: 378.58kcal (18.93%), Fat: 21.38g (32.89%), Saturated Fat: 2.64g (16.51%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 26.08g (9.48%), Sugar: 7.33g (8.14%), Cholesterol: 1.64mg (0.55%), Sodium: 506.31mg (22.01%), Alcohol: 3.16g (100%), Alcohol %: 1.91% (100%), Protein: 12.02g (24.04%), Vitamin K: 246.41µg (234.68%), Vitamin A: 5856.04IU (117.12%), Manganese: 1.85mg (92.66%), Vitamin C: 57.53mg (69.73%), Folate: 149.88µg (37.47%), Fiber: 7.02g (28.09%), Magnesium: 96.94mg (24.23%), Copper: 0.45mg (22.44%), Vitamin E: 3.26mg (21.7%), Calcium: 210.81mg (21.08%), Iron: 3.51mg (19.48%), Phosphorus: 192.01mg (19.2%), Potassium: 648.67mg (18.53%), Vitamin B2: 0.3mg (17.57%), Vitamin B1: 0.25mg (16.88%), Vitamin B6: 0.29mg (14.37%), Zinc: 1.71mg (11.41%), Vitamin B3: 1.9mg (9.49%), Selenium: 2.91µg (4.15%), Vitamin B5: 0.31mg (3.12%)