



Spicy Chickpea Sandwiches

 Vegetarian  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



983 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 6 servings carrot slaw
- 0.7 lb carrots shredded
- 0.1 teaspoon cayenne
- 0.3 teaspoon cayenne
- 6 servings chickpea patties
- 1.5 cups bob's mill garbanzo bean flour (garbanzo)

- 6 servings cooking and assembly
- 0.3 cup flat-leaf parsley chopped
- 2 teaspoons garlic minced
- 0.3 teaspoon ground cumin
- 0.5 juice of lemon shredded finely
- 0.3 tsp kosher salt
- 0.5 teaspoon kosher salt
- 1.5 teaspoons kosher salt
- 6 servings spicy lemon mayo
- 1 cup mayonnaise
- 1 tablespoon olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin divided
- 1 cup radishes shredded
- 1 tablespoon rice vinegar
- 4 ounces salad mix packed (5 cups lightly)
- 18 oz pane francese rolls

Equipment

- bowl
- frying pan
- whisk
- baking pan
- aluminum foil
- broiler

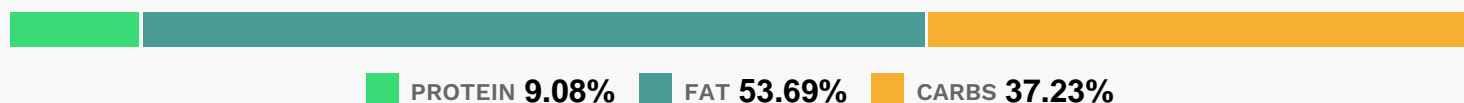
Directions

- Make chickpea patties: In a 3- to 4-qt. pan, mix chickpea flour and dry seasonings. Gradually whisk in 2 1/2 cups water until smooth. Cook over medium heat, whisking often, until mixture begins to thicken, 3 to 5 minutes. Switch to a spoon and stir until mixture pulls away from pan

bottom and mounds in center of pan, 4 to 6 minutes. Stir in parsley. Using an oiled spoon or fingers, evenly spread mixture in an oiled 9- by 13-in. pan.

- Let cool.
- Mix all ingredients together in a small bowl. Chill, covered.
- Whisk together vinegar, oil, salt, and pepper in a medium bowl, then gently stir in carrots and radishes.
- Now for the sandwiches! Preheat broiler and set a rack 4 in. from heat. Split rolls, leaving one side attached, and open up.
- Place rolls cut side up in a large rimmed baking pan; lightly brush tops with 1 tbsp. olive oil. Broil until golden, about 1 minute. Tip onto counter and drape with foil.
- Oil the baking pan.
- Brush chickpea mixture with 1 tbsp. olive oil; sprinkle with salt.
- Cut into 12 rectangles and set slightly apart in oiled pan. Broil until golden, 4 to 6 minutes. Turn patties over and broil until golden on second side, about 2 minutes.
- To assemble, generously spread mayo on cut sides of rolls.
- Place some salad greens on one side of each roll and top with some carrot slaw, then 2 chickpea patties.
- *Find in the baking aisle of well-stocked grocery stores and at health food stores.
- Make ahead: Wrap and chill uncooked chickpea mixture and mayo up to 1 day.

Nutrition Facts



Properties

Glycemic Index:105.07, Glycemic Load:44.32, Inflammation Score:-10, Nutrition Score:35.340434608252%

Flavonoids

Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.27mg,

Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 982.58kcal (49.13%), Fat: 59.07g (90.88%), Saturated Fat: 7.32g (45.75%), Carbohydrates: 92.17g (30.72%), Net Carbohydrates: 77.7g (28.25%), Sugar: 18.51g (20.56%), Cholesterol: 17.36mg (5.79%), Sodium: 1603.27mg (69.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.48g (44.95%), Vitamin A: 19654.17IU (393.08%), Vitamin K: 144.46µg (137.58%), Iron: 17.51mg (97.28%), Manganese: 1.59mg (79.71%), Folate: 312.28µg (78.07%), Fiber: 14.48g (57.91%), Vitamin E: 6.17mg (41.14%), Copper: 0.65mg (32.66%), Phosphorus: 297.58mg (29.76%), Potassium: 972.39mg (27.78%), Magnesium: 109.94mg (27.48%), Vitamin C: 19.77mg (23.96%), Vitamin B6: 0.47mg (23.58%), Vitamin B1: 0.33mg (22.3%), Zinc: 2.58mg (17.2%), Calcium: 117.93mg (11.79%), Vitamin B3: 2.3mg (11.49%), Vitamin B2: 0.18mg (10.61%), Selenium: 6.97µg (9.96%), Vitamin B5: 0.88mg (8.77%)