



Spicy Panko Chickpea Patties



Vegetarian



Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 0.5 tsp ground pepper with 1/4 tsp) to taste
- ☐ 3.5 cups chickpeas canned cooked drained (garbanzo beans)
- ☐ 1.5 tsp cumin
- ☐ 2 eggs
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tsp garlic powder fresh minced
- ☐ 12 servings grapeseed oil for frying
- ☐ 1.5 cups panko bread crumbs

☐ 0.8 tsp salt (if you're salt sensitive, use)

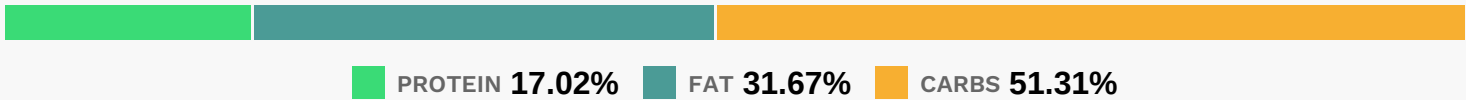
Equipment

- ☐ frying pan
- ☐ baking sheet

Directions

- ☐ Save Recipe
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- ☐ Spicy Panko Chickpea Patties
- ☐ Ingredients3 1/2 cups chickpeas (garbanzo beans) – cooked or canned and drained1/3 cup chopped fresh flat-leaf parsley2 eggs1 1/2 tsp cumin1 tsp minced fresh garlic or ½ tsp garlic powder3/4 tsp salt (if you’re salt sensitive, use ½ tsp)1/2 tsp cayenne pepper, or more to taste (if spice sensitive, start with 1/4 tsp)1 1/2 cups panko breadcrumbs
- ☐ Grapeseed oil for frying
- ☐ You will also needfood processor, skillet (if baking, you will need a baking sheet, nonstick cooking oil spray and grapeseed oil)
- ☐ Prep Time: 10 Minutes
- ☐ Cook Time: 20 – 40 Minutes
- ☐ Total Time: 30 – 50 Minutes
- ☐ Servings: 12 patties
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:12.81, Glycemic Load:2.48, Inflammation Score:-5, Nutrition Score:9.0273913715197%

Flavonoids

Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg

Nutrients (% of daily need)

Calories: 145.94kcal (7.3%), Fat: 5.22g (8.03%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 19.01g (6.34%), Net Carbohydrates: 14.92g (5.42%), Sugar: 2.82g (3.14%), Cholesterol: 27.28mg (9.09%), Sodium: 215.54mg (9.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.62%), Manganese: 0.58mg (28.95%), Vitamin K: 29.84µg (28.42%), Folate: 96.5µg (24.13%), Fiber: 4.1g (16.39%), Iron: 2.16mg (12.02%), Phosphorus: 110.76mg (11.08%), Copper: 0.2mg (9.96%), Vitamin B1: 0.14mg (9.02%), Selenium: 5.99µg (8.56%), Vitamin E: 1.1mg (7.34%), Magnesium: 29.13mg (7.28%), Zinc: 0.98mg (6.5%), Vitamin B2: 0.1mg (5.73%), Potassium: 182.34mg (5.21%), Vitamin B6: 0.1mg (4.84%), Calcium: 46.3mg (4.63%), Vitamin A: 227.3IU (4.55%), Vitamin B3: 0.8mg (3.98%), Vitamin C: 2.92mg (3.54%), Vitamin B5: 0.3mg (2.99%), Vitamin B12: 0.09µg (1.53%)