



Squash and Chickpea Fritters with Winter Greens and Hazelnut Salad



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



438 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 slices bread whole-wheat
- ☐ 8 ounces butternut squash cubed
- ☐ 14 oz garbanzo beans drained canned (garbanzos)
- ☐ 1 eggs
- ☐ 2 tablespoons flour
- ☐ 1 teaspoon sage fresh chopped
- ☐ 4 cups the salad mixed

- ☐ 0.3 cup hazelnuts
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon
- ☐ 6 tablespoons olive oil divided
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon pepper red

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ microwave

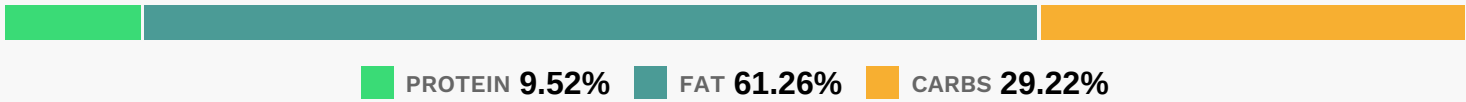
Directions

- ☐ Preheat oven to 35
- ☐ Toast hazelnuts on a rimmed baking sheet until browned and fragrant, 5 to 8 minutes.
- ☐ Put squash in a microwave-safe container with 1/4 cup water and cover with plastic wrap. Cook on high until squash is tender when pierced, about 3 minutes.
- ☐ Drain.
- ☐ Pulse bread in a food processor until fine crumbs form.
- ☐ Add squash and chickpeas and pulse until slightly chunky.
- ☐ Add egg, flour, sage, salt, pepper, and chile flakes. Pulse just until blended.
- ☐ Heat 3 tbsp. oil in a large frying pan over high heat. Drop 1/4-cup portions of squash mixture into oil, making a few fritters at a time, and cook, turning once, until golden brown, about 3 minutes on each side.
- ☐ Transfer to a platter.
- ☐ Toss greens with remaining 3 tbsp. oil, the lemon juice, and hazelnuts.

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Serve squash fritters with salad.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:9.42, Inflammation Score:-10, Nutrition Score:26.849565117256%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 437.94kcal (21.9%), Fat: 30.88g (47.5%), Saturated Fat: 4.03g (25.2%), Carbohydrates: 33.13g (11.04%), Net Carbohydrates: 25.84g (9.4%), Sugar: 2.64g (2.93%), Cholesterol: 40.92mg (13.64%), Sodium: 663.69mg (28.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.8g (21.59%), Vitamin A: 6596.73IU (131.93%), Copper: 1.94mg (96.99%), Manganese: 1.88mg (94.15%), Vitamin E: 5.54mg (36.94%), Vitamin B6: 0.69mg (34.3%), Fiber: 7.28g (29.14%), Vitamin C: 23.4mg (28.36%), Folate: 90.97µg (22.74%), Magnesium: 76.35mg (19.09%), Iron: 3.43mg (19.08%), Phosphorus: 187.83mg (18.78%), Vitamin B1: 0.26mg (17.27%), Selenium: 11.39µg (16.27%), Vitamin K: 15.96µg (15.2%), Potassium: 530.22mg (15.15%), Vitamin B3: 2.24mg (11.21%), Calcium: 108.18mg (10.82%), Vitamin B5: 0.97mg (9.73%), Vitamin B2: 0.16mg (9.67%), Zinc: 1.43mg (9.55%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)