



Vegan Chickpea Cakes with Mashed Avocado

 Vegetarian  Vegan  Dairy Free  Very Healthy  Popular

READY IN



30 min.

SERVINGS



2

CALORIES



1610 kcal

Ingredients

- 1 avocado
- 1.5 cups breadcrumbs panko-style
- 0.5 cup bulgur
- 0.5 cup canola oil
- 0.5 cup cilantro leaves loosely packed
- 15 ounce chickpeas dried rinsed drained canned
- 0.5 cup flour
- 1 medium clove garlic roughly chopped
- 0.5 teaspoon ground coriander

- 1 jalapeno stemmed seeded roughly chopped
- 2 servings pepper black freshly ground
- 2 servings lemon wedges sliced chopped for serving
- 1 tablespoon juice of lime
- 0.5 cup mint leaves loosely packed
- 0.5 cup parsley loosely packed
- 0.5 cup water

Equipment

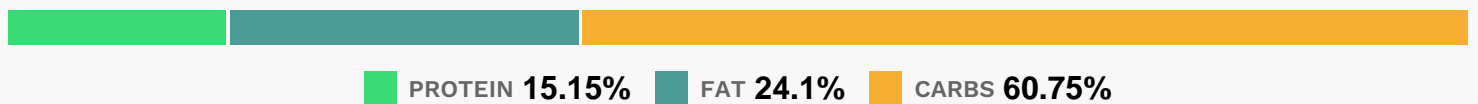
- food processor
- bowl
- frying pan
- whisk
- spatula

Directions

- Bring 2 cups of water to a boil over high heat.
- Add bulgur wheat and cook until tender, about 10 minutes.
- Drain carefully.
- While wheat cooks, combine parsley, mint, cilantro, garlic, jalapeño and coriander in the bowl of a food processor. Pulse until finely chopped, scraping down sides as necessary, about 10 to 12 short pulses.
- Add half of chickpeas and pulse until a rough puree is formed, scraping down sides as necessary, about 8 to 10 short pulses.
- Transfer to a large bowl.
- Add remaining chickpeas to food processor and pulse until roughly chopped, 4 to 6 pulses.
- Transfer to bowl with chickpea/herb mixture. When bulgur wheat has drained, add to bowl. Season with salt and pepper, then fold mixture together, starting with a rubber spatula, and finishing by hand when cool enough to handle. Form mixture into patties roughly 3/4-inch thick and 3 inches wide (you should be able to work 8 to 12 patties)

- Combine flour and water in a medium bowl and whisk until smooth.
- Place breadcrumbs in second medium bowl.
- Working one patty at a time, dip in flour mixture to coat, then transfer to breadcrumbs. Cover with breadcrumbs on all sides, then transfer to a plate. Repeat with remaining patties.
- Heat half of oil in a large cast iron or non-stick skillet over medium-high heat until shimmering.
- Add half the patties in a single layer and cook, swirling pan occasionally, until golden brown on bottoms, about 2 minutes. Carefully flip and cook second side, swirling pan occasionally as they cook, about 2 minutes longer.
- Transfer to a plate and keep warm while you cook the remaining patties.
- Place avocado in a medium bowl and mash the flesh with a fork. Season with salt and add lime juice. serve fried chickpea patties with mashed avocado, sliced onions, herbs, and lime or lemon wedges.

Nutrition Facts



Properties

Glycemic Index:183, Glycemic Load:46.72, Inflammation Score:-10, Nutrition Score:70.237826243691%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 3.86mg, Eriodictyol: 3.86mg, Eriodictyol: 3.86mg, Eriodictyol: 3.86mg Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 32.93mg, Apigenin: 32.93mg, Apigenin: 32.93mg, Apigenin: 32.93mg Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 1609.52kcal (80.48%), Fat: 44.26g (68.09%), Saturated Fat: 5.46g (34.14%), Carbohydrates: 251.02g (83.67%), Net Carbohydrates: 194.37g (70.68%), Sugar: 29.28g (32.54%), Cholesterol: 0mg (0%), Sodium: 675.07mg (29.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.62g (125.23%), Folate: 1459.93µg (364.98%), Manganese: 7.08mg (354.12%), Vitamin K: 314.26µg (299.3%), Fiber: 56.65g (226.6%), Vitamin B1:

2.23mg (148.37%), Copper: 2.45mg (122.74%), Iron: 21.76mg (120.91%), Phosphorus: 1129.21mg (112.92%), Magnesium: 394.82mg (98.71%), Vitamin B6: 1.71mg (85.66%), Potassium: 2892.71mg (82.65%), Vitamin B3: 14.59mg (72.95%), Selenium: 50.09µg (71.55%), Zinc: 10.37mg (69.16%), Vitamin B2: 1.16mg (68.42%), Vitamin C: 54.82mg (66.45%), Vitamin B5: 5.89mg (58.86%), Vitamin A: 2383.87IU (47.68%), Calcium: 461.82mg (46.18%), Vitamin E: 6.37mg (42.48%), Vitamin B12: 0.28µg (4.72%)