

Farinata

Yield: 2 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/farinata-recipe-italy>

Ingredients:

- 1/2 cup flour chick pea
- 1/2 teaspoon kosher salt
- 1/2 cup lukewarm water
- 4 tablespoons extra virgin olive oil
- flaky sea salt for sprinkling, such as Maldon

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 24 grams
3. Fat: 27 grams
4. Fiber: 1 grams
5. Protein: 3 grams
6. SaturatedFat: 4 grams
7. Sodium: 990 milligrams

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