

Farinata – Italian chickpea pancake

Yield: 10 min
Total Time: 39 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-chickpea-flour-pancake-recipe>

Ingredients:

- 2 1/8 cups chickpea flour
- 4 tablespoons olive oil
- 2 9/16 cups water
- 1 pinch salt
- black pepper
- fresh rosemary dried is also ok, but fresh tastes better!
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Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 25 grams
3. Fat: 14 grams
4. Fiber: 5 grams
5. Protein: 9 grams
6. SaturatedFat: 2 grams
7. Sodium: 90 milligrams
8. Sugar: 4 grams

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