

A Savory Healthy Italian Pancake

Yield: 3 min
Total Time: 60 min

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

Ingredients:

- 3 3/4 cups lukewarm water
- 3 1/4 cups chickpea flour
- 4 tablespoons olive oil
- Himalayan salt to taste
- black pepper to taste
- 1 rosemary fresh sprig of

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 61 grams
3. Fat: 25 grams
4. Fiber: 12 grams
5. Protein: 22 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 80 milligrams
8. Sugar: 11 grams

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