Socca Bread

About the Recipe

120 Calories · 5 g Protein · 3 g Fiber
Appetizers

Ingredients

Makes 4 Servings

- 1 cup (150 g) chickpea flour
- 1 cup (8 fl oz) water
- 1/2 teaspoon kosher salt
- 1/4 teaspoon cumin powder
- 1/4 teaspoon sumac powder
- 1/4 teaspoon dried marjoram
- 1 tablespoon olive oil

Directions

1. Combine the chickpea flour, water, salt, cumin, sumac, and marjoram in a bowl and whisk until smooth. Allow to sit for 30 minutes for flour to absorb the water.
2. Preheat the oven to 425 F. Place a 10-inch oven-safe skillet (preferably cast iron) in the oven 5 minutes before the batter is done sitting.
3. Remove the skillet from the oven and add the oil to coat the skillet. Pour batter into the pan and bake until set and brown on the edges, about 15 minutes.
4. Cut into 8 pieces.

Nutrition Facts

Per serving:
Calories: 120
Fat: 5 g

- **Saturated Fat:** 1 g
- **% Calories From Fat:** 36%

Cholesterol: 0 mg
Protein: 5 g
Carbohydrate: 13 g
Sugar: 3 g
Fiber: 3 g
Sodium: 312 mg
Calcium: 14 mg
Iron: 1 mg
Vitamin C: 0 mg
Beta-Carotene: 8 mcg
Vitamin E: 1 mg