



— *Norwich, Vermont* —

CHICKPEA FLOUR

Nutty in flavor, chickpea flour is a perfect way to add nutrition and fiber to your baking. Replace up to 25% of the flour in your favorite recipe with it; chickpea flour is ideal for both sweet and savory baked goods, from scones and muffins to crackers, flatbreads, and pizza crust.

Ⓢ NET WT 32 OZ (2 LB) 908g

CHICKPEA FLATBREAD

1 cup (3 1/2 ounces) chickpea flour
1/2 teaspoon salt
pinch of cumin

1 cup (8 ounces) warm water
3 tablespoons olive oil, divided
flaked sea salt

Nutrition Facts

Serving Size 1/4 cup (30g)
Servings Per Container about 30

Amount Per Serving

Calories 110 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 18g **6%**

Dietary Fiber 5g **20%**

Sugars 1g

Protein 7g

Vitamin A 0% • **Vitamin C 0%**

Calcium 2% • **Iron 10%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

In a small bowl, whisk together chickpea flour, salt, and cumin. Slowly pour in water, whisking to prevent any large clumps of flour from forming (a scattering of small lumps is okay). Cover batter, and let it rest for at least 30 minutes.

Place an oven rack 6" to 8" from broiler, and preheat broiler.

Pour 1 tablespoon of olive oil into a 10" ovenproof, nonstick skillet (cast-iron is a good option). Set over medium-high heat until oil moves easily around the pan and just barely starts to smoke. Pour half the batter into hot pan, swirling as you pour to ensure an even coating. Transfer to oven, and bake for 4-6 minutes until set and dark in spots.

Remove from the oven, and carefully brush a thin layer of olive oil on surface, and sprinkle with flaked sea salt. Return to broiler for another minute or so until edges are crisp and oil is sizzling.

Transfer to a plate and repeat with remaining batter.

Cut into wedges and serve hot, warm, or at room temperature.

Yield: 2 large flatbreads (4 servings).

Tip: For a thicker, more traditional socca, pour all of the batter into the pan, and bake according to the instructions.

**DO NOT EAT RAW FLOUR,
DOUGH OR BATTER.**

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INGREDIENTS: CHICKPEA FLOUR.

KING ARTHUR FLOUR, NORWICH, VERMONT 05055
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Produced on equipment that also processes eggs, milk, soy, wheat, almonds, hazelnuts, pecans, walnuts, and coconut.