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Vegan Chickpea Cakes with Avocado

These vegan chickpea cakes are a delicious and healthy alternative to traditional crab cakes. Made with mashed chickpeas, breadcrumbs, and spices, they are crispy on the outside and tender on the inside. Topped with creamy avocado slices, they make a satisfying and nutritious meal.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

400 g	Chickpeas
100 g	breadcrumbs
50 g	onion

2 cloves	garlic
20 g	Parsley
2 tbsp	Lemon juice
1 tsp	Cumin
1 tsp	Coriander
0.5 tsp	Salt
0.5 tsp	Black pepper
200 g	Avocado

Directions

Step 1

Blending

In a food processor, combine chickpeas, breadcrumbs, onion, garlic, parsley, lemon juice, cumin, coriander, salt, and black pepper. Pulse until well combined.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Refrigerating

Form the mixture into patties and place on a baking sheet lined with parchment paper. Refrigerate for 30 minutes to firm up.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

Heat a non-stick skillet over medium heat. Cook the patties for 4-5 minutes on each side, until golden brown.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Serve the chickpea cakes topped with sliced avocado.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 8 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	8 g	21.05%	32%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	3 mcg	5.45%	5.45%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Middle Eastern

Indian

Mediterranean

Diet

Anti-Inflammatory Diet

Vegan Diet

Raw Food Diet

Course

Side Dishes

Main Dishes

Soups

Snacks

Sauces & Dressings

Salads

Drinks

Cultural

Chinese New Year

Events

Picnic

Meal Type

Brunch

Supper

Difficulty Level

Medium

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