

# All About ... Baked Carrot & Chickpea Patties

Serves: 4 pax



INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> <li>• ½ small red onion, chopped</li> <li>• 1 large carrot, shredded</li> <li>• 240g canned chickpeas, drained &amp; minced</li> <li>• 2 Tsp lemon juice</li> <li>• ¼ Tsp salt</li> <li>• ¼ Tsp pepper</li> <li>• 1½ Tbsp corn oil</li> <li>• 4 Tbsp oats</li> </ul>	Energy (kcal)	176
	Carbohydrate (g)	15
	Protein (g)	5
	Fat (g)	8
	• Saturated Fat (g)	1.2
	• Polyunsaturated Fat (g)	1.3
	• Monounsaturated Fat (g)	5.3
	Cholesterol (mg)	0
	Dietary Fibre (g)	5.8
	Sodium (mg)	311
	Potassium (mg)	231
	Phosphate (mg)	91

<b>Methods</b>
<ol style="list-style-type: none"> <li>1. In a mixing bowl, add in onions, carrots, chickpeas, lemon juice, salt &amp; pepper with 1 Tbsp of oil.</li> <li>2. Stir in oats and mix it well.</li> <li>3. Using a 1/3 cup measure, scoop mixture and form it into a patty. Repeat with the remaining mixture.</li> <li>4. With the remaining ½ Tbsp of oil, lightly brush the top and bottom of the patties.</li> <li>5. Air-fry patties @ 200°C for 18 mins or until golden brown.</li> <li>6. Cool the tray for 5 mins and serve warm.</li> </ol>

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