



## Baked Falafel



Vegetarian



Dairy Free

READY IN



55 min.

SERVINGS



2

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 15 ounce garbanzo beans rinsed drained canned
- ☐ 1 eggs beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 0.3 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin

- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon salt

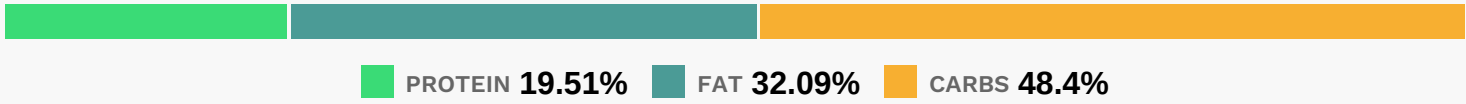
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ cheesecloth

## Directions

- ☐ Wrap onion in cheese cloth and squeeze out as much moisture as possible. Set aside.
- ☐ Place garbanzo beans, parsley, garlic, cumin, coriander, salt, and baking soda in a food processor. Process until the mixture is coarsely pureed.
- ☐ Mix garbanzo bean mixture and onion together in a bowl. Stir in the flour and egg. Shape mixture into four large patties and let stand for 15 minutes.
- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Heat olive oil in a large, oven-safe skillet over medium-high heat.
- ☐ Place the patties in the skillet; cook until golden brown, about 3 minutes on each side.
- ☐ Transfer skillet to the preheated oven and bake until heated through, about 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:104.67, Glycemic Load:10.79, Inflammation Score:-8, Nutrition Score:23.362173837164%

## Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg

Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 289.48kcal (14.47%), Fat: 10.64g (16.38%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 36.11g (12.04%), Net Carbohydrates: 25.77g (9.37%), Sugar: 1.07g (1.19%), Cholesterol: 81.84mg (27.28%), Sodium: 1057.5mg (45.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.56g (29.12%), Vitamin K: 125.7µg (119.71%), Manganese: 1.92mg (96.14%), Vitamin B6: 1.14mg (56.78%), Fiber: 10.35g (41.39%), Iron: 4.49mg (24.93%), Phosphorus: 240.75mg (24.08%), Folate: 85.79µg (21.45%), Copper: 0.39mg (19.52%), Selenium: 13.14µg (18.78%), Magnesium: 72.24mg (18.06%), Vitamin C: 13.2mg (16%), Vitamin A: 796IU (15.92%), Zinc: 2mg (13.36%), Potassium: 450.49mg (12.87%), Calcium: 121.7mg (12.17%), Vitamin B5: 1.07mg (10.71%), Vitamin B2: 0.17mg (10.16%), Vitamin B1: 0.14mg (9.19%), Vitamin E: 0.91mg (6.04%), Vitamin B3: 0.72mg (3.59%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%)