



HEALTH SCORE

57%

Baked Falafel Sandwiches with Yogurt-Tahini Sauce



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon baking powder
- ☐ 0.3 cup bulgur uncooked
- ☐ 3 cups chickpeas cooked (garbanzo beans)
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 3 garlic
- ☐ 0.5 cup spring onion chopped

- ☐ 1 tablespoon cumin
- ☐ 0.3 teaspoon pepper red
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.8 teaspoon salt
- ☐ 1 cup nonfat greek yogurt plain (such as Fage Total Classic)
- ☐ 1 tablespoon tahini (sesame-seed paste)
- ☐ 3 inch tomatoes
- ☐ 0.3 cup water
- ☐ 0.8 cup water
- ☐ 16.8 ounce flatbreads white mediterranean style (such as Toufayan)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

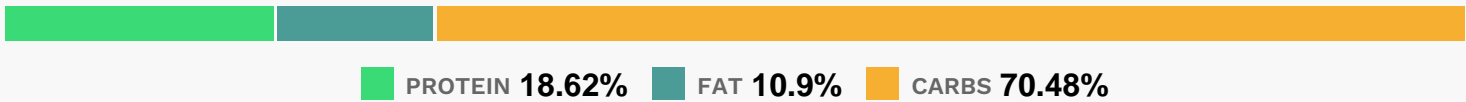
Directions

- ☐ To prepare sauce, combine the first 3 ingredients, stirring with a whisk until blended. Cover and chill until ready to serve.
- ☐ To prepare falafel, bring 3/4 cup water to a boil in a small saucepan; add bulgur to pan.
- ☐ Remove from heat; cover and let stand 30 minutes or until tender.
- ☐ Drain and set aside.
- ☐ Preheat oven to 42
- ☐ Combine chickpeas and the next 9 ingredients (through garlic) in a food processor; pulse 10 times or until well blended and smooth (mixture will be wet). Spoon chickpea mixture into a

large bowl; stir in bulgur.

- ☐ Divide mixture into 12 equal portions (about 1/4 cup each); shape each portion into a 1/4-inch-thick patty.
- ☐ Place patties on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 10 minutes on each side or until browned.
- ☐ Spread about 2 1/2 tablespoons sauce onto each flatbread. Top each flatbread with 2 falafel patties, 2 tomato slices, and chopped cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:52.79, Glycemic Load:7.45, Inflammation Score:0, Nutrition Score:25.499130342318%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 417.23kcal (20.86%), Fat: 5.3g (8.15%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 77.13g (25.71%), Net Carbohydrates: 64.35g (23.4%), Sugar: 7.68g (8.53%), Cholesterol: 1.67mg (0.56%), Sodium: 651.25mg (28.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.37g (40.74%), Manganese: 2.52mg (125.85%), Selenium: 43.44µg (62.05%), Fiber: 12.78g (51.1%), Folate: 186.77µg (46.69%), Phosphorus: 423.36mg (42.34%), Iron: 6.1mg (33.88%), Copper: 0.62mg (31.02%), Vitamin B1: 0.46mg (30.69%), Magnesium: 117.4mg (29.35%), Vitamin K: 26.21µg (24.96%), Vitamin B6: 0.4mg (20.14%), Zinc: 3mg (20.01%), Vitamin B3: 3.47mg (17.34%), Potassium: 586.56mg (16.76%), Calcium: 144.93mg (14.49%), Vitamin B2: 0.25mg (14.44%), Vitamin B5: 1.1mg (11.05%), Vitamin E: 0.9mg (6.03%), Vitamin C: 4.78mg (5.8%), Vitamin A: 222.75IU (4.45%), Vitamin B12: 0.23µg (3.89%)