



Baked Sweet Potato Falafel



Vegetarian



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



293 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce garbanzo beans drained canned
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 2 sweet potatoes

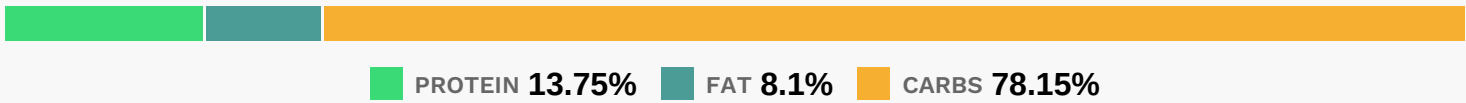
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ potato masher
- ☐ microwave

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Grease a baking sheet.
- ☐ Puncture sweet potatoes several times with a fork. Cook in microwave on High for 5 minutes. Flip and cook until potatoes are easily pierced with a fork, about 3 to 5 more minutes; cool. Peel skin off and cut sweet potatoes into large chunks.
- ☐ Mash garbanzo beans with a fork or potato masher in a bowl.
- ☐ Stir sweet potatoes and egg into mashed garbanzo beans to form a smooth consistency.
- ☐ Stir 2 cups flour, garlic powder, cumin, and coriander into sweet potato mixture to form a cookie dough consistency. Adjust with more flour if necessary.
- ☐ Roll the dough into 1-inch balls and place on prepared baking sheet. Slightly flatten balls into patties.
- ☐ Bake in the preheated oven until golden brown, about 30 minutes, flipping after 15 minutes.

Nutrition Facts



Properties

Glycemic Index:30.56, Glycemic Load:33.1, Inflammation Score:-10, Nutrition Score:18.636956562167%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 292.71kcal (14.64%), Fat: 2.63g (4.05%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 57.17g (19.06%), Net Carbohydrates: 50.52g (18.37%), Sugar: 3.31g (3.68%), Cholesterol: 27.28mg (9.09%), Sodium: 250.63mg (10.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.06g (20.12%), Vitamin A: 10742IU (214.84%), Manganese: 1.08mg (53.97%), Vitamin B1: 0.42mg (27.74%), Vitamin B6: 0.53mg (26.66%), Fiber: 6.65g (26.61%), Folate: 105.97µg (26.49%), Selenium: 18.43µg (26.32%), Iron: 3.67mg (20.39%), Vitamin B2: 0.3mg (17.54%), Phosphorus: 156.04mg (15.6%), Vitamin B3: 3mg (15%), Copper: 0.29mg (14.73%), Magnesium: 50.17mg (12.54%), Potassium: 424.67mg (12.13%), Vitamin B5: 1.11mg (11.13%), Zinc: 1.14mg (7.6%), Calcium: 62.44mg (6.24%), Vitamin C: 1.95mg (2.36%), Vitamin E: 0.31mg (2.08%), Vitamin K: 1.52µg (1.45%), Vitamin B12: 0.07µg (1.09%)