



Beetroot falafel



Vegetarian



Popular

READY IN



55 min.

SERVINGS



6

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 2 onion chopped
- ☐ 2 tsp ground cumin
- ☐ 800 g garbanzo beans drained canned
- ☐ 500 g beets raw grated trimmed peeled
- ☐ 100 g breadcrumbs fresh
- ☐ 1 eggs
- ☐ 1 tbsp tahini

- ☐ 6 servings vegetable oil for brushing or frying
- ☐ 300 ml yogurt
- ☐ 1 pinch sugar
- ☐ 6 servings flatbreads
- ☐ 9 servings beets diced well (see 'Goes With')
- ☐ 3 handfuls bunches of kale

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wok

Directions

- ☐ Heat the olive oil in a frying pan and fry the onions until softened but not coloured.
- ☐ Add the cumin and cook for 1 min, then scrape the mixture into a food processor with the chickpeas, two-thirds of the grated beetroot, the breadcrumbs, egg and tahini. Whizz to a rough paste, then scrape into a bowl and stir in the remaining grated beetroot with plenty of seasoning.
- ☐ With damp hands, shape into about 20 balls and space on baking parchment-lined baking sheets. Chill until ready to serve.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Brush the falafels with a little vegetable oil and bake for 20-25 mins until crisp and hot through. Alternatively, heat 2.5cm oil in a deep wok and fry in batches, turning, until crisp and hot.
- ☐ To serve, mix the tahini with the yogurt, sugar and some seasoning, then dollop onto the flatbreads with the warm or room-temperature falafels, diced beetroot and beet leaves or salad.

Nutrition Facts



 **PROTEIN 12.46%**  **FAT 43.34%**  **CARBS 44.2%**

Properties

Glycemic Index:48.24, Glycemic Load:14.25, Inflammation Score:-8, Nutrition Score:25.05260892018%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

Nutrients (% of daily need)

Calories: 484.66kcal (24.23%), Fat: 24.04g (36.99%), Saturated Fat: 4.51g (28.17%), Carbohydrates: 55.17g (18.39%), Net Carbohydrates: 42.47g (15.45%), Sugar: 17.77g (19.74%), Cholesterol: 34.01mg (11.34%), Sodium: 680.31mg (29.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.56g (31.11%), Manganese: 1.95mg (97.33%), Folate: 270.16µg (67.54%), Fiber: 12.7g (50.79%), Vitamin B6: 0.86mg (42.89%), Phosphorus: 307.72mg (30.77%), Vitamin K: 30.94µg (29.47%), Potassium: 999.84mg (28.57%), Iron: 4.77mg (26.51%), Magnesium: 102.41mg (25.6%), Copper: 0.46mg (22.98%), Vitamin B1: 0.34mg (22.93%), Calcium: 192.5mg (19.25%), Selenium: 13.08µg (18.68%), Vitamin B2: 0.29mg (16.79%), Zinc: 2.44mg (16.25%), Vitamin C: 12.49mg (15.14%), Vitamin E: 1.72mg (11.47%), Vitamin B5: 1.15mg (11.46%), Vitamin B3: 2.19mg (10.93%), Vitamin B12: 0.32µg (5.25%), Vitamin A: 214.52IU (4.29%), Vitamin D: 0.2µg (1.32%)