



Chickpea Falafel Burgers



Vegetarian



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15.5 ounce garbanzo beans with liquid canned
- ☐ 1.5 tablespoons curry powder
- ☐ 0.5 cup bread crumbs dry
- ☐ 2 egg whites
- ☐ 1.5 tablespoons cilantro leaves fresh chopped
- ☐ 1.5 teaspoons parsley fresh minced
- ☐ 3 cloves garlic chopped
- ☐ 2 green onions chopped

- ☐ 0.5 teaspoon ground cumin
- ☐ 0.8 cup mushrooms fresh diced
- ☐ 1 tablespoon vegetable oil

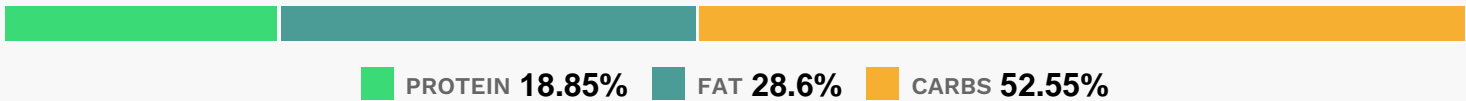
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Heat 1 tablespoon of oil in a large skillet over medium-high heat.
- ☐ Add green onions and mushrooms, and fry until tender, stirring frequently.
- ☐ Combine the garbanzo beans (with liquid) and garlic in the container of a blender or food processor. Blend until smooth, and transfer to a medium bowl. Stir in the mushrooms and onions.
- ☐ Mix in the cilantro, parsley, curry powder and cumin.
- ☐ Add the bread crumbs and egg whites, and mix until thoroughly blended. You can let the mixture sit in the refrigerator to blend flavors at this point, or go on to frying.
- ☐ Heat enough oil to cover the bottom of a large skillet over medium heat. Form the bean mixture into 4 balls, and flatten into patties.
- ☐ Place the burgers in the hot skillet, and fry for about 5 minutes on each side, until nicely browned.

Nutrition Facts



Properties

Glycemic Index:52.08, Glycemic Load:4.49, Inflammation Score:-4, Nutrition Score:13.324782490082%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 205.38kcal (10.27%), Fat: 6.73g (10.36%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 27.84g (9.28%), Net Carbohydrates: 21.24g (7.72%), Sugar: 1.53g (1.7%), Cholesterol: 0mg (0%), Sodium: 433.04mg (18.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.97%), Manganese: 1.19mg (59.28%), Vitamin B6: 0.61mg (30.71%), Fiber: 6.6g (26.41%), Vitamin K: 22.94µg (21.85%), Iron: 3.07mg (17.05%), Selenium: 11.03µg (15.75%), Copper: 0.3mg (14.79%), Phosphorus: 142.74mg (14.27%), Folate: 53.12µg (13.28%), Vitamin B2: 0.22mg (13.16%), Vitamin B1: 0.2mg (13.07%), Magnesium: 47.19mg (11.8%), Potassium: 332.1mg (9.49%), Vitamin B3: 1.84mg (9.21%), Calcium: 86.37mg (8.64%), Zinc: 1.21mg (8.04%), Vitamin B5: 0.72mg (7.2%), Vitamin E: 0.83mg (5.55%), Vitamin C: 2.68mg (3.25%), Vitamin A: 115.14IU (2.3%), Vitamin B12: 0.07µg (1.13%)