



Cook the Book: Crunchy Red Swiss Chard Falafel

 Vegetarian  Gluten Free

READY IN



120 min.

SERVINGS



6

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon sesame seeds black
- ☐ 1 cup bob's mill garbanzo bean flour
- ☐ 3 tablespoons chickpeas canned cooked ()
- ☐ 2 garlic clove chopped
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cumin
- ☐ 6 servings turmeric for garnish

- ☐ 2 juice of lemon
- ☐ 3 tablespoons juice of lemon
- ☐ 1 cup milk
- ☐ 2 tablespoons olive oil
- ☐ 1 onion red finely chopped
- ☐ 6 servings salt and pepper freshly ground
- ☐ 0.5 teaspoon sumac powder crushed
- ☐ 1 pound swiss chard red washed and roughly chopped well
- ☐ 6 servings tahini
- ☐ 3 tablespoons tahini
- ☐ 6 servings vegetable oil for deep frying

Equipment

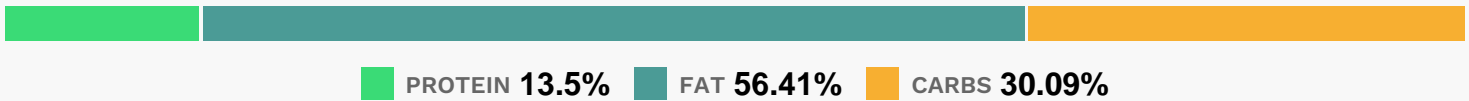
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon
- ☐ slotted spoon

Directions

- ☐ Heat 1 tablespoon of olive oil in a skillet and sauté the onion, cumin and allspice over medium heat for 3–4 minutes. Set aside in a bowl.
- ☐ Fill a large saucepan with water and bring to the boil. Drop in the chard and blanch for 2 minutes.
- ☐ Drain immediately and, once they're cool enough to handle, squeeze dry.

- ☐ In a medium nonstick saucepan, bring the milk to the boil, then reduce to a simmer. Little by little, whisk in the chickpea flour until you have a smooth paste. Keep the mixture moving to avoid lumps. Then season, add the remaining 3 tablespoons olive oil and cook over low heat for 8 minutes, stirring all the time with a wooden spoon. Like cream puff dough, the mixture will come away from the sides of the pan and become a ball as it is heated.
- ☐ Cool the ball of paste, then mix in the sautéed onions, chickpeas, lemon juice and blanched chard. Using your hands, mold the mixture into golf-ball-sized balls and arrange on a baking sheet. Refrigerate for a couple of hours.
- ☐ In a large saucepan, heat 2 inches of oil to 350°F. Carefully place the falafel into the oil and cook for 3–4 minutes, until golden brown.
- ☐ Remove with a slotted spoon and place on paper towels to drain.
- ☐ Sprinkle with the turmeric.
- ☐ Serve with the tahini sauce.
- ☐ Mix the tahini, cumin and the lemon juice in a bowl. Slowly stir in 1 to 2 tablespoons of water, a little at a time, until you have a consistency that resembles thick cream. Then add the garlic and season.
- ☐ Combine the sumac with the olive oil and drizzle over the sauce.
- ☐ Sprinkle with sesame seeds and serve, with meat, poultry, vegetables or falafel.

Nutrition Facts



Properties

Glycemic Index:45.63, Glycemic Load:7.87, Inflammation Score:-10, Nutrition Score:27.404782533646%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg Hesperetin: 2.53mg, Hesperetin: 2.53mg, Hesperetin: 2.53mg, Hesperetin: 2.53mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 4.51mg, Kaempferol: 4.51mg, Kaempferol: 4.51mg, Kaempferol: 4.51mg Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 347.09kcal (17.35%), Fat: 22.79g (35.06%), Saturated Fat: 3.76g (23.47%), Carbohydrates: 27.34g (9.11%), Net Carbohydrates: 21.66g (7.88%), Sugar: 6.58g (7.31%), Cholesterol: 4.88mg (1.63%), Sodium: 393.67mg (17.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.27g (24.54%), Vitamin K: 637.91µg (607.53%), Vitamin A: 4720.99IU (94.42%), Manganese: 0.82mg (40.88%), Vitamin C: 32.48mg (39.37%), Copper: 0.74mg (37.12%), Vitamin B1: 0.54mg (35.83%), Folate: 140.54µg (35.14%), Phosphorus: 344.4mg (34.44%), Magnesium: 131.81mg (32.95%), Iron: 4.33mg (24.05%), Fiber: 5.68g (22.71%), Potassium: 724.04mg (20.69%), Vitamin E: 2.62mg (17.44%), Selenium: 11.56µg (16.51%), Vitamin B6: 0.31mg (15.34%), Zinc: 2.29mg (15.28%), Calcium: 148.9mg (14.89%), Vitamin B2: 0.19mg (11.18%), Vitamin B3: 2.13mg (10.67%), Vitamin B5: 0.48mg (4.76%), Vitamin B12: 0.22µg (3.66%), Vitamin D: 0.45µg (2.98%)