



Crunchy Falafel Pitas

 Vegetarian

READY IN



18 min.

SERVINGS



6

CALORIES



461 kcal

BREAD

Ingredients

- ☐ 30 oz garbanzo beans rinsed drained canned
- ☐ 1 cup cherry tomatoes halved
- ☐ 1 teaspoon cumin
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 small clove garlic finely chopped
- ☐ 0.3 cup olive oil
- ☐ 6 wholewheat pita breads split

- ☐ 1 cup yogurt plain
- ☐ 0.5 small onion red coarsely chopped
- ☐ 1 small head the of 1 cos lettuce
- ☐ 6 servings salt

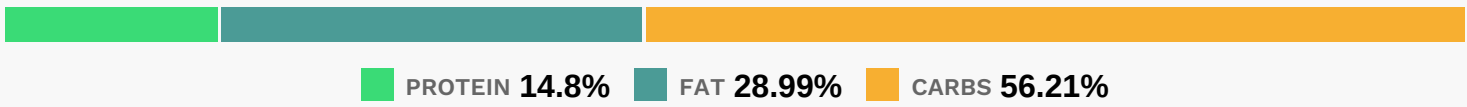
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine yogurt and garlic in a bowl and season with salt. Refrigerate until ready to serve.
- ☐ In a food processor, combine chickpeas, 1/2 cup flour, cumin, egg and 1/2 tsp. salt and process until almost smooth.
- ☐ Add onion and pulse just to combine.
- ☐ Place remaining 2 Tbsp. flour on a plate. Form chickpea mixture into 12 1/2-inch-thick patties. Dredge each patty in flour.
- ☐ Warm olive oil in a large skillet over medium heat.
- ☐ Add patties and cook until golden, turning once, about 8 minutes total (work in batches if skillet won't fit all patties). Slide patties into pitas, add tomatoes and lettuce, top with reserved yogurt sauce and serve.

Nutrition Facts



Properties

Glycemic Index:48.89, Glycemic Load:40.61, Inflammation Score:-10, Nutrition Score:29.804782530536%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 460.91kcal (23.05%), Fat: 15.08g (23.21%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 65.82g (21.94%), Net Carbohydrates: 55.51g (20.18%), Sugar: 4.22g (4.69%), Cholesterol: 36.31mg (12.1%), Sodium: 931.1mg (40.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.32g (34.65%), Vitamin A: 9320.02IU (186.4%), Vitamin K: 113.26µg (107.86%), Manganese: 1.72mg (86.17%), Folate: 221.63µg (55.41%), Vitamin B6: 0.84mg (41.84%), Fiber: 10.32g (41.27%), Phosphorus: 277.6mg (27.76%), Iron: 4.66mg (25.88%), Vitamin B1: 0.38mg (25.55%), Copper: 0.41mg (20.62%), Magnesium: 80.13mg (20.03%), Potassium: 690.57mg (19.73%), Calcium: 196.9mg (19.69%), Vitamin B2: 0.3mg (17.8%), Selenium: 10.5µg (15%), Zinc: 2.18mg (14.55%), Vitamin C: 11.04mg (13.38%), Vitamin B3: 2.52mg (12.62%), Vitamin B5: 1.17mg (11.73%), Vitamin E: 1.7mg (11.35%), Vitamin B12: 0.23µg (3.75%), Vitamin D: 0.21µg (1.38%)