

Easiest Falafel

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce garbanzo beans drained canned
- 1 tablespoon curry powder
- 2 tablespoons parsley dried
- 1 eggs
- 1 tablespoon garlic powder
- 0.5 tablespoon ground pepper black
- 1 tablespoon juice of lemon
- 1 cup olive oil for frying or as needed

0.3 cup onion chopped

Equipment

food processor

frying pan

blender

Directions

Place garbanzo beans, 1/4 cup panko bread crumbs, onion, 1/4 cup olive oil, egg, parsley, curry powder, garlic powder, lemon juice, and black pepper in a food processor or blender. Puree until coarse crumbles form. Blend more panko crumbs into mixture if it is too moist.

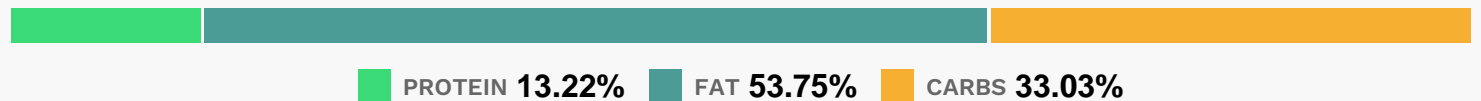
Roll mixture into balls about the size of a golf ball; place on a plate.

Press into patties and coat in panko bread crumbs.

Heat about 1-inch olive oil in a skillet over medium heat.

Pan-fry patties until crispy, about 3 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:21.87, Glycemic Load:3.63, Inflammation Score:-5, Nutrition Score:9.5130435021027%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 36.07mg, Apigenin: 36.07mg, Apigenin: 36.07mg, Apigenin: 36.07mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 185.69kcal (9.28%), Fat: 11.5g (17.7%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 15.91g (5.3%), Net Carbohydrates: 10.86g (3.95%), Sugar: 0.58g (0.65%), Cholesterol: 32.74mg (10.91%), Sodium: 270.54mg (11.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.73%), Manganese: 0.98mg (48.87%), Vitamin B6:

0.5mg (25.21%), Fiber: 5.04g (20.18%), Vitamin K: 18.32µg (17.45%), Vitamin E: 1.7mg (11.3%), Iron: 2.02mg (11.21%), Phosphorus: 107.81mg (10.78%), Copper: 0.18mg (9.06%), Magnesium: 35.04mg (8.76%), Folate: 33.08µg (8.27%), Selenium: 5.29µg (7.56%), Potassium: 224.68mg (6.42%), Zinc: 0.9mg (6.01%), Calcium: 57.56mg (5.76%), Vitamin B2: 0.08mg (4.84%), Vitamin B5: 0.45mg (4.49%), Vitamin C: 3mg (3.64%), Vitamin B1: 0.05mg (3.28%), Vitamin A: 92.09IU (1.84%), Vitamin B3: 0.28mg (1.39%), Vitamin B12: 0.08µg (1.31%), Vitamin D: 0.18µg (1.17%)