

# Easiest Falafel

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



198 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
- 0.3 cup panko bread crumbs or as needed

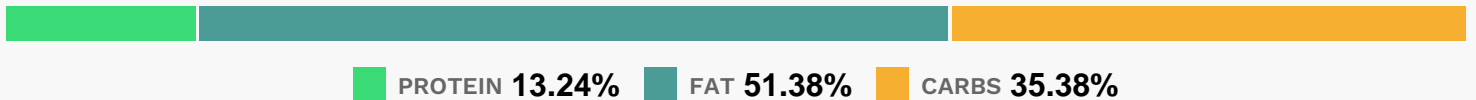
## Equipment

- 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:9.9986955808557%

## 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: 197.54kcal (9.88%), Fat: 11.66g (17.94%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 18.07g (6.02%), Net Carbohydrates: 12.89g (4.69%), Sugar: 0.77g (0.85%), Cholesterol: 32.74mg (10.91%), Sodium: 292.5mg (12.72%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.53%), Manganese: 1mg (50.25%), Vitamin B6: 0.51mg (25.39%), Fiber: 5.18g (20.72%), Vitamin K: 18.52µg (17.64%), Iron: 2.16mg (12.01%), Vitamin E: 1.7mg (11.32%), Phosphorus: 112.76mg (11.28%), Copper: 0.19mg (9.45%), Magnesium: 36.33mg (9.08%), Folate: 36.29µg (9.07%), Selenium: 6.04µg (8.64%), Potassium: 230.56mg (6.59%), Calcium: 63.05mg (6.31%), Zinc: 0.95mg (6.3%), Vitamin B2: 0.09mg (5.55%), Vitamin B1: 0.08mg (5.21%), Vitamin B5: 0.47mg (4.65%), Vitamin C: 3mg (3.64%), Vitamin B3: 0.48mg (2.38%), Vitamin A: 92.09IU (1.84%), Vitamin B12: 0.09µg (1.48%), Vitamin D: 0.18µg (1.17%)