



## Falafel

 **Vegetarian**  **Gluten Free**

READY IN



**1490 min.**

SERVINGS



**24**

CALORIES



**136 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon double-acting baking powder
- 1 tablespoon coriander seeds toasted
- 1 tablespoon cumin seeds toasted
- 2 cups chickpeas dried rinsed
- 1 handful cilantro leaves fresh coarsely chopped
- 2 handfuls flat-leaf parsley fresh coarsely chopped
- 2 garlic cloves chopped
- 6 garlic cloves smashed

- 1 juice of lemon juiced
- 24 servings kosher salt and pepper black freshly ground
- 24 servings lettuce shredded sliced chopped
- 1 small onion coarsely chopped
- 1 pinch paprika
- 0.5 cup yogurt plain
- 0.3 teaspoon pepper flakes red
- 1 pinch salt
- 0.5 cup tahini (sesame seed paste)
- 24 servings vegetable oil for frying

## Equipment

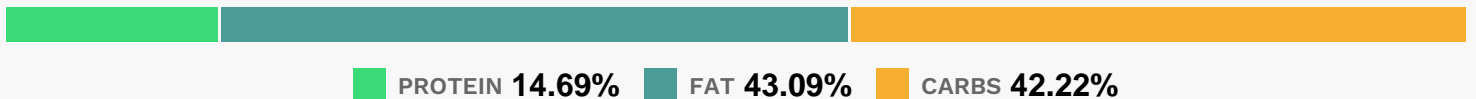
- food processor
- bowl
- paper towels
- pot
- blender
- ice cream scoop
- slotted spoon
- deep fryer

## Directions

- Put the dried chickpeas in a large bowl and add cool water to cover by 2 inches. Soak the beans in the refrigerator for at least 18 hours or up to 24; the chickpeas will swell to triple their original size.
- Drain and rinse thoroughly.
- Put the soaked chickpeas in a food processor and pulse to coarsely grind, not until smooth but with no whole chickpeas remaining either.
- Add the baking powder, onion, garlic, spices, and herbs; process until the mixture is pureed; scraping down the sides of the bowl as needed. Taste and season with salt and pepper.

- Transfer to a bowl and refrigerate while heating the oil, this should take about 15 minutes.
- Pour 3-inches of the oil in a deep fryer or deep heavy pot and heat to 375 degrees F.
- Roll the falafel mixture into ping-pong size balls. (Alternatively, use an ice cream scoop.) Carefully slip a few at a time into the hot oil, making sure they don't stick to the bottom. Fry until the chickpea fritters are a crusty dark brown on all sides, turning as needed, about 5 minutes per batch.
- Remove the falafels with a slotted spoon and drain on a platter lined with paper towels.
- Open the pita bread halves to make pockets (don't split all the way) and put 4 fried falafels into each.
- Drizzle with the tahini sauce and layer with lettuce, tomatoes, and cucumbers.
- Serve immediately.
- Combine all the ingredients in a blender, process on high speed to make a smooth and creamy sauce. Adjust seasoning, to taste, and serve with falafels or as a salad dressing.

## Nutrition Facts



### Properties

Glycemic Index:15.27, Glycemic Load:2.24, Inflammation Score:-6, Nutrition Score:10.168260775102%

### Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.83mg, Apigenin: 0.83mg, Apigenin: 0.83mg, Apigenin: 0.83mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

### Nutrients (% of daily need)

Calories: 135.65kcal (6.78%), Fat: 6.86g (10.56%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 15.13g (5.04%), Net Carbohydrates: 10.69g (3.89%), Sugar: 3.95g (4.39%), Cholesterol: 0.66mg (0.22%), Sodium: 37.7mg (1.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.52%), Vitamin K: 34.32µg (32.69%), Folate: 125.39µg (31.35%), Manganese: 0.53mg (26.31%), Fiber: 4.44g (17.76%), Vitamin B1: 0.2mg (13.55%), Phosphorus: 131.88mg (13.19%), Copper: 0.26mg (12.77%), Iron: 1.91mg (10.61%), Vitamin A: 517.85IU (10.36%), Potassium: 323.43mg (9.24%), Magnesium: 33.44mg (8.36%), Vitamin B6: 0.15mg (7.73%), Zinc: 1.01mg (6.75%), Calcium: 63.99mg (6.4%),

Vitamin C: 4.96mg (6.01%), Selenium: 3.53µg (5.04%), Vitamin B2: 0.08mg (4.43%), Vitamin B5: 0.38mg (3.81%),  
Vitamin E: 0.56mg (3.72%), Vitamin B3: 0.69mg (3.45%)