



HEALTH SCORE

100%

## Falafel



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1015 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 tablespoons bragg liquid aminos
- 1 cup parsley fresh loosely packed
- 6 cups chickpeas
- 2 tablespoons ground cumin
- 1 cup juice of lemon freshly squeezed
- 1 onion minced
- 1 cup sesame seed
- 1 cup tahini raw

## Equipment

- bowl
- blender
- juicer

## Directions

- Using a homogenizing juicer with the blank plate in place, homogenize the garbanzo beans and parsley and place in a large bowl.
- Place the tahini, lemon juice, onion, cumin, and Braggs in a blender and blend. Stir the tahini mixture into the garbanzo paste. In a spice grinder, grind the sesame seeds into a fine powder.
- Mix into the garbanzo paste. Press into 1/4-inch-thick crusts, each 4 or 8 inches in diameter. Dehydrate for 12 to 14 hours, flipping at least once during the drying time.
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- Safron works as a consultant and adviser to several raw restaurants around the United States.

## Nutrition Facts

 **PROTEIN 15.04%**  **FAT 48.4%**  **CARBS 36.56%**

## Properties

Glycemic Index:31.19, Glycemic Load:14.85, Inflammation Score:-10, Nutrition Score:57.26565199313%

## Flavonoids

Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.17mg

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg

## **Nutrients (% of daily need)**

Calories: 1014.59kcal (50.73%), Fat: 57.76g (88.87%), Saturated Fat: 7.83g (48.91%), Carbohydrates: 98.2g (32.73%), Net Carbohydrates: 70.8g (25.75%), Sugar: 14.82g (16.47%), Cholesterol: 0mg (0%), Sodium: 57.49mg (2.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.38g (80.76%), Vitamin K: 256.11µg (243.92%), Manganese: 3.62mg (181.15%), Copper: 3.43mg (171.58%), Folate: 558.82µg (139.71%), Phosphorus: 1159.68mg (115.97%), Fiber: 27.4g (109.61%), Vitamin B1: 1.6mg (106.33%), Iron: 18.25mg (101.36%), Magnesium: 331.6mg (82.9%), Zinc: 9.82mg (65.49%), Calcium: 629.38mg (62.94%), Vitamin C: 51.54mg (62.47%), Selenium: 43.01µg (61.44%), Vitamin B6: 0.82mg (40.79%), Potassium: 1406.48mg (40.19%), Vitamin B3: 6.79mg (33.96%), Vitamin A: 1415.91IU (28.32%), Vitamin B2: 0.36mg (21.22%), Vitamin B5: 0.9mg (8.96%), Vitamin E: 1.26mg (8.43%)