



Falafel

 Vegetarian Vegan Dairy Free Popular

READY IN



45 min.

SERVINGS



30

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 tsp pepper black
- ☐ 0.3 tsp ground pepper
- ☐ 2 tsp cumin
- ☐ 1.5 tbsp flour
- ☐ 30 servings purple gel food coloring
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cups chickpeas dry
- ☐ 3 cloves garlic (I prefer roasted)

- ☐ 1 pinch ground cardamom
- ☐ 1 tsp ground coriander
- ☐ 1 small onion roughly chopped
- ☐ 1.8 tsp salt
- ☐ 30 servings vegetable oil for frying well (grapeseed, canola, and peanut oil work)

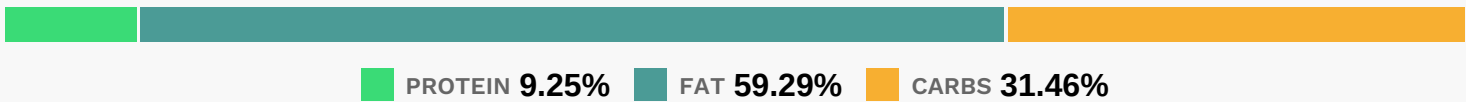
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Save Recipe
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- ☐ Falafel
- ☐ Ingredients1 pound (about 2 cups) dry chickpeas/garbanzo beans1 small onion, roughly chopped1/4 cup chopped fresh parsley3–5 cloves garlic (I prefer roasted)1 1/2 tbsp flour1 3/4 tsp salt2 tsp cumin1 tsp ground coriander1/4 tsp black pepper1/4 tsp cayenne pepper
- ☐ Pinch of ground cardamom
- ☐ Vegetable oil for frying (grapeseed, canola, and peanut oil work well)You will also need
- ☐ Food processor, skillet
- ☐ Servings: 30–34 falafels
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:8.79, Glycemic Load:0.85, Inflammation Score:-1, Nutrition Score:2.1739130033099%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 46.39kcal (2.32%), Fat: 3.14g (4.83%), Saturated Fat: 0.46g (2.89%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 2.79g (1.02%), Sugar: 0.64g (0.71%), Cholesterol: 0mg (0%), Sodium: 137.1mg (5.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Vitamin K: 13.85µg (13.19%), Manganese: 0.13mg (6.66%), Folate: 20.74µg (5.18%), Fiber: 0.95g (3.81%), Iron: 0.48mg (2.65%), Copper: 0.04mg (2.19%), Phosphorus: 21.19mg (2.12%), Vitamin E: 0.28mg (1.87%), Magnesium: 6.64mg (1.66%), Vitamin C: 1.11mg (1.34%), Zinc: 0.19mg (1.29%), Vitamin B1: 0.02mg (1.25%), Potassium: 43.33mg (1.24%), Vitamin B6: 0.02mg (1.17%), Vitamin A: 53.17IU (1.06%)