



Falafel

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 cups chickpeas dried (garbanzo beans; 12 ounces)
- ☐ 2 cups cilantro leaves fresh chopped
- ☐ 5 garlic cloves peeled
- ☐ 1 teaspoon ground allspice
- ☐ 1 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 leek trimmed cut into 3 pieces

- ☐ 6 tablespoons olive oil divided
- ☐ 1 onion quartered
- ☐ 8 6-inch pitas cut in half ()
- ☐ 0.3 teaspoon salt
- ☐ 8 servings yogurt-tahini dip

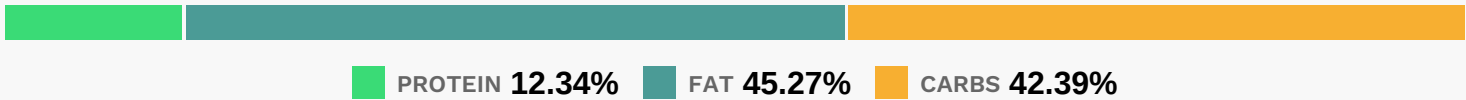
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Sort and wash chickpeas; place in a large bowl. Cover with water to 2 inches above beans. Cover; let stand 8 hours.
- ☐ Drain.
- ☐ Combine chickpeas, cilantro, and next 8 ingredients (cilantro though leek) in a food processor; process until mixture resembles coarse meal. Divide chickpea mixture into 16 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Heat 2 tablespoons oil in a large nonstick skillet.
- ☐ Add 5 patties; cook 3 minutes on each side or until golden. Repeat procedure twice with remaining oil and patties.
- ☐ Spread 1 tablespoon Yogurt-Tahini Dip in each pita half; fill with 1 patty.

Nutrition Facts



Properties

Glycemic Index:42.69, Glycemic Load:4.8, Inflammation Score:-7, Nutrition Score:14.270000170349%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 250.53kcal (12.53%), Fat: 12.97g (19.96%), Saturated Fat: 1.73g (10.82%), Carbohydrates: 27.33g (9.11%), Net Carbohydrates: 20.09g (7.31%), Sugar: 5.14g (5.71%), Cholesterol: 0.13mg (0.04%), Sodium: 93.27mg (4.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.91%), Folate: 221.61µg (55.4%), Manganese: 0.98mg (48.77%), Fiber: 7.24g (28.95%), Vitamin K: 27.55µg (26.24%), Copper: 0.36mg (17.86%), Iron: 2.97mg (16.51%), Phosphorus: 153.56mg (15.36%), Vitamin B6: 0.28mg (13.77%), Vitamin E: 2.05mg (13.63%), Vitamin B1: 0.2mg (13.55%), Magnesium: 50.91mg (12.73%), Potassium: 407.99mg (11.66%), Vitamin A: 499.8IU (10%), Zinc: 1.4mg (9.3%), Vitamin C: 5.66mg (6.86%), Vitamin B5: 0.67mg (6.71%), Calcium: 61.7mg (6.17%), Vitamin B2: 0.1mg (5.82%), Selenium: 3.61µg (5.15%), Vitamin B3: 0.74mg (3.7%)