



Falafel



Vegetarian



Popular

READY IN



990 min.

SERVINGS



4

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 4 servings cayenne to taste
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 teaspoon coriander seeds toasted
- ☐ 1 cup cucumber diced
- ☐ 1 teaspoon cumin seeds toasted
- ☐ 0.3 cup feta crumbled
- ☐ 1 cup chickpeas/garbanzo beans dried cold

- ☐ 1 small clove garlic grated
- ☐ 2 cloves garlic
- ☐ 0.3 cup greek yogurt
- ☐ 2 tablespoons juice of lemon
- ☐ 1 lemon zest
- ☐ 1 cup lettuce shredded
- ☐ 1 small onion diced
- ☐ 0.3 cup parsley chopped
- ☐ 1 tablespoon parsley chopped
- ☐ 4 pitas
- ☐ 0.3 cup onion red thinly sliced
- ☐ 4 servings salt and pepper to taste
- ☐ 0.3 cup tahini
- ☐ 1 cup tomatoes diced
- ☐ 2 tablespoons flour whole wheat
- ☐ 0.5 cup tahini yogurt sauce
- ☐ 1 batch falafel
- ☐ 1 batch falafel

Equipment

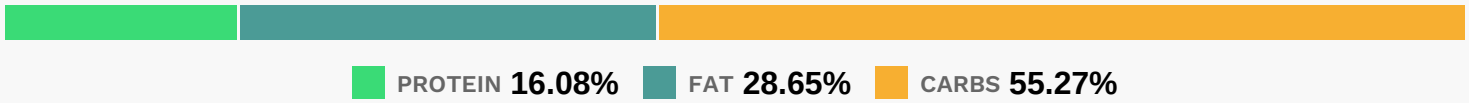
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Pulse the drained chickpeas, onion, garlic, cilantro, parsley, coriander, cumin and lemon zest until it forms a coarse meal.
- ☐ Sprinkle in the flour and baking soda and pulse a few times to combine, then test the mixture to make sure that it holds together adding more flour until it does.Refrigerate the mixture in a covered container for a few hours.Form the mixture into balls or patties.

- ☐
- Heat oil in pan to 350F/180C, fry the balls in small batches until golden brown, about 4-6 minutes and set aside on paper towels to drain.Assemble sandwich and enjoy!
- ☐
- Mix everything.

Nutrition Facts



Properties

Glycemic Index:125.19, Glycemic Load:33.1, Inflammation Score:-9, Nutrition Score:25.070000200168%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 10.26mg, Apigenin: 10.26mg, Apigenin: 10.26mg, Apigenin: 10.26mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg

Nutrients (% of daily need)

Calories: 414.68kcal (20.73%), Fat: 13.63g (20.97%), Saturated Fat: 3.35g (20.96%), Carbohydrates: 59.16g (19.72%), Net Carbohydrates: 51.15g (18.6%), Sugar: 7.32g (8.13%), Cholesterol: 12.95mg (4.32%), Sodium: 775.11mg (33.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.22g (34.43%), Vitamin K: 94.39µg (89.9%), Manganese: 1.08mg (54.04%), Phosphorus: 377.24mg (37.72%), Vitamin A: 1824.53IU (36.49%), Vitamin B1: 0.55mg (36.41%), Folate: 138.68µg (34.67%), Fiber: 8.01g (32.04%), Copper: 0.6mg (29.92%), Vitamin C: 23.82mg (28.87%), Calcium: 230.72mg (23.07%), Iron: 4.09mg (22.71%), Magnesium: 82.61mg (20.65%), Vitamin B2: 0.32mg (18.91%), Selenium: 13.03µg (18.62%), Zinc: 2.78mg (18.53%), Potassium: 644.27mg (18.41%), Vitamin B6: 0.35mg (17.43%), Vitamin B3: 3.17mg (15.87%), Vitamin B5: 0.83mg (8.28%), Vitamin E: 1.14mg (7.63%), Vitamin B12: 0.36µg (5.99%)