






 **29%**
HEALTH SCORE

Falafel Burger

 Vegetarian  Dairy Free

READY IN

45 min.

SERVINGS

4

CALORIES

400 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- 540 ml garbanzo beans drained and rinsed canned
- 2 tsp tahini
- 0.5 tsp sriracha
- 3 cloves garlic
- 3 tbsp parsley fresh roughly chopped
- 0.3 large onion diced red
- 4 tbsp vegetable oil; peanut oil preferred
- 8 slices cucumber

- 8 slices tomatoes
- 4 hawaiian rolls (I used President's Choice multi-grain thins)
- 4 servings tzatziki for topping

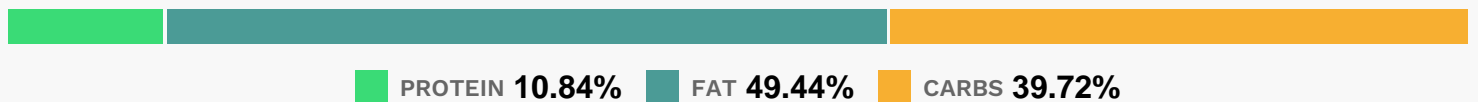
Equipment

- food processor
- frying pan
- paper towels

Directions

- Pat the chickpeas dry with a paper towel and throw them into a food processor along with the garlic.
- Puree until smooth.
- Using your clean hands incorporate tahini, sriracha, parsley and onion into the chickpea mixture.
- Form mixture into four patties and set aside.
- Heat peanut oil in a large skillet over medium heat.
- Once the oil begins to shimmer add the patties and cook for three minutes per side or until golden brown.
- Remove from and place in a hamburger bun.
- Top each burger with 2 slices of tomato, 2 slices of cucumber and a dollop of tzatziki.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:61.08, Glycemic Load:17.27, Inflammation Score:-7, Nutrition Score:17.256956521739%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 6.14mg, Apigenin: 6.14mg, Apigenin: 6.14mg, Apigenin: 6.14mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 400.06kcal (20%), Fat: 22.5g (34.62%), Saturated Fat: 4.04g (25.28%), Carbohydrates: 40.68g (13.56%), Net Carbohydrates: 34.67g (12.61%), Sugar: 6.09g (6.77%), Cholesterol: 5mg (1.67%), Sodium: 644.54mg (28.02%), Protein: 11.1g (22.21%), Manganese: 1.13mg (56.32%), Vitamin K: 54.25µg (51.67%), Vitamin B6: 0.56mg (28.17%), Fiber: 6.02g (24.06%), Vitamin B1: 0.34mg (22.52%), Selenium: 14.8µg (21.14%), Folate: 82.07µg (20.52%), Iron: 3.15mg (17.5%), Vitamin E: 2.56mg (17.04%), Vitamin C: 14.05mg (17.03%), Vitamin A: 817.44IU (16.35%), Phosphorus: 161.1mg (16.11%), Calcium: 155.19mg (15.52%), Copper: 0.29mg (14.3%), Vitamin B3: 2.45mg (12.24%), Magnesium: 47.86mg (11.96%), Potassium: 381.42mg (10.9%), Vitamin B2: 0.17mg (9.77%), Zinc: 1.26mg (8.41%), Vitamin B5: 0.4mg (3.95%), Vitamin B12: 0.09µg (1.43%)