Falafel Burgers

Vegetarian

READY IN	SERVINGS	CALORIES
30 min.	4	369 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 29 ounce chickpeas drained and rinsed canned
- [ ] 0.5 cup cilantro leaves fresh chopped
- [ ] 2 cloves garlic finely grated
- [ ] 0.8 cup percent greek yogurt plain
- [ ] 1 teaspoon ground cumin
- [ ] 0.3 cup jalapeño peppers chopped
- [ ] 4 servings kosher salt
- [ ] 6 ounce salad greens mixed

- [ ] 0.8 cup panko breadcrumbs
- [ ] 4 sandwich thins whole-wheat lightly toasted
- [ ] 4 scallions light white green chopped (and parts only)
- [ ] 2 tomatoes sliced chopped (1 , 1)
- [ ] 3 tablespoons vegetable oil

Equipment

- [ ] food processor
- [ ] bowl
- [ ] frying pan
- [ ] whisk

Directions

- [ ] Pulse the chickpeas, garlic, half each of the scallions, cilantro and pickled peppers, the panko and cumin in a food processor until smooth, about 3 minutes. Form into 4 thin 3-inch patties.
- [ ] Heat the vegetable oil in a large nonstick skillet over medium-high heat.
- [ ] Add the patties and cook until a golden crust forms, 3 to 4 minutes per side.
- [ ] Meanwhile, whisk the yogurt with the pickled pepper brine in a medium bowl and season with salt. Toss the salad greens, chopped tomato and the remaining scallions and cilantro with half of the yogurt dressing in a large bowl.
- [ ] Put the falafel patties on the sandwich thins; top with the sliced tomato and the remaining yogurt dressing and pickled peppers.
- [ ] Serve with the salad.
- [ ] Photograph by Justin Walker

Nutrition Facts

PROTEIN **18.05%** FAT **36.16%** CARBS **45.79%**

Properties

Glycemic Index:52.33, Glycemic Load:8.59, Inflammation Score:-8, Nutrition Score:24.74956510378%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 369.13kcal (18.46%), Fat: 15.3g (23.54%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 43.6g (14.53%), Net Carbohydrates: 32.53g (11.83%), Sugar: 4.22g (4.69%), Cholesterol: 1.88mg (0.63%), Sodium: 883.27mg (38.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.18g (34.36%), Manganese: 2mg (99.89%), Vitamin B6: 1.16mg (57.78%), Vitamin K: 56.84µg (54.13%), Fiber: 11.07g (44.26%), Vitamin C: 30.69mg (37.21%), Phosphorus: 277.47mg (27.75%), Vitamin A: 1369.64IU (27.39%), Folate: 102.6µg (25.65%), Iron: 4.12mg (22.91%), Copper: 0.43mg (21.7%), Magnesium: 82.15mg (20.54%), Potassium: 666.93mg (19.06%), Calcium: 165.13mg (16.51%), Selenium: 11.19µg (15.98%), Vitamin B1: 0.24mg (15.83%), Vitamin B2: 0.24mg (13.92%), Zinc: 2.08mg (13.89%), Vitamin E: 1.58mg (10.54%), Vitamin B3: 1.93mg (9.67%), Vitamin B5: 0.96mg (9.6%), Vitamin B12: 0.3µg (5.03%)