



## Falafel Burgers

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cans garbanzo beans drained and rinsed (chickpeas)
- 1 tablespoon chili powder
- 1 tablespoon cilantro leaves
- 1 tablespoon cumin
- 4 tablespoons flour
- 1 large handful parsley chopped
- 2 cloves garlic grated finely chopped
- 2 juice of lemon

- 4 wholewheat pita breads
- 1 small onion red chopped
- 4 servings salt and pepper to taste
- 0.5 cup tahini
- 1.5 teaspoons turmeric
- 0.3 cup vegetable oil
- 3 tablespoons water

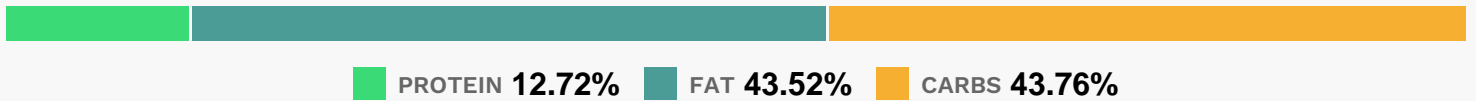
## Equipment

- whisk
- mixing bowl

## Directions

- Combine the chickpeas, onion, garlic, parsley, flour, spices, and salt, and pulse until the mixture is well combined. Form the mixture into 4 large patties.
- Whisk the tahini paste with the water, lemon juice and zest, salt, and freshly ground black pepper in a mixing bowl.
- Serve the burgers in pita pockets or on a bun. Top them with tahini sauce, lettuce, and tomato.

## Nutrition Facts



## Properties

Glycemic Index:85.83, Glycemic Load:42.26, Inflammation Score:-10, Nutrition Score:30.09652173913%

## Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg

Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

## Taste

Sweetness: 6.82%, Saltiness: 7.93%, Sourness: 40.94%, Bitterness: 31.75%, Savoriness: 3.23%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 709.5kcal (35.48%), Fat: 35.46g (54.56%), Saturated Fat: 4.99g (31.17%), Carbohydrates: 80.23g (26.74%), Net Carbohydrates: 65.83g (23.94%), Sugar: 1.79g (1.99%), Cholesterol: 0mg (0%), Sodium: 1172.55mg (50.98%), Protein: 23.31g (46.62%), Manganese: 2.38mg (119.05%), Vitamin B6: 1.26mg (63.01%), Fiber: 14.4g (57.61%), Vitamin B1: 0.79mg (52.91%), Phosphorus: 508.21mg (50.82%), Copper: 0.99mg (49.66%), Vitamin K: 44.22µg (42.11%), Iron: 7.06mg (39.22%), Folate: 124.04µg (31.01%), Magnesium: 120.45mg (30.11%), Selenium: 18.28µg (26.11%), Zinc: 3.75mg (24.98%), Calcium: 204.64mg (20.46%), Vitamin B3: 4.04mg (20.19%), Potassium: 691.56mg (19.76%), Vitamin A: 758.7IU (15.17%), Vitamin C: 11.48mg (13.91%), Vitamin E: 1.99mg (13.29%), Vitamin B2: 0.2mg (11.72%), Vitamin B5: 1.02mg (10.17%)