



Falafel Casserole



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



40 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 large eggs
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 0.5 cup parsley chopped
- ☐ 5 oz falafel mix
- ☐ 5 oz falafel mix

Equipment

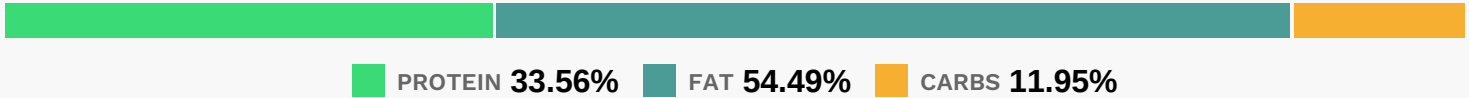
- ☐ bowl

- ☐ oven
- ☐ whisk

Directions

- ☐ In a bowl, use a fork or whisk to blend falafel mix with 1 1/4 cups water, eggs, lemon peel, lemon juice, and parsley.
- ☐ Pour into an oiled, shallow 8-inch-wide casserole; mixture should be about 1 inch deep.
- ☐ Bake in a 350 oven until firm in the center when pressed, about 30 minutes.
- ☐ Cut or scoop out portions of falafel to serve.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:8.5821739124215%

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: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 40.22kcal (2.01%), Fat: 2.46g (3.78%), Saturated Fat: 0.8g (4.97%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 0.92g (0.33%), Sugar: 0.36g (0.4%), Cholesterol: 93mg (31%), Sodium: 39.79mg (1.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.81%), Vitamin K: 123.07µg (117.21%), Vitamin C: 13.2mg (16%), Vitamin A: 767.38IU (15.35%), Selenium: 7.69µg (10.99%), Vitamin B2: 0.12mg (7.23%), Folate: 24.68µg (6.17%), Phosphorus: 54.48mg (5.45%), Iron: 0.91mg (5.06%), Vitamin B5: 0.42mg (4.24%), Vitamin B12: 0.22µg (3.71%), Vitamin D: 0.5µg (3.33%), Zinc: 0.41mg (2.71%), Vitamin B6: 0.05mg (2.66%), Calcium: 25.14mg (2.51%), Potassium: 84.18mg (2.4%), Vitamin E: 0.33mg (2.2%), Magnesium: 7.24mg (1.81%), Copper: 0.03mg (1.53%), Vitamin B1: 0.02mg (1.23%), Fiber: 0.3g (1.19%)