



Falafel & Hummus Bagel



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



261 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

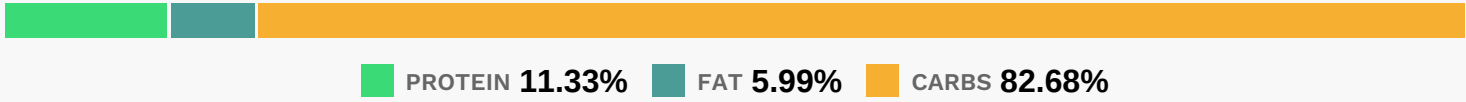
- ☐ 1 small carrots grated
- ☐ 2 large water
- ☐ 2 tsp mango chutney
- ☐ 3 ready to eat falafel
- ☐ 1 sesame seed bagel

Equipment

Directions

- ☐ Cut your bagel in half and toast it.
- ☐ Spread the bottom of the bagel with mango chutney, then top with falafel, grated carrot and hummus.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:160.33, Glycemic Load:6.89, Inflammation Score:-10, Nutrition Score:7.7799999713898%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 261.33kcal (13.07%), Fat: 1.79g (2.75%), Saturated Fat: 0.12g (0.72%), Carbohydrates: 55.46g (18.49%), Net Carbohydrates: 51.74g (18.81%), Sugar: 10.13g (11.26%), Cholesterol: 24.11mg (8.04%), Sodium: 46.67mg (2.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.2%), Vitamin A: 8353.69IU (167.07%), Fiber: 3.72g (14.88%), Potassium: 310.2mg (8.86%), Vitamin K: 6.6µg (6.29%), Manganese: 0.12mg (5.86%), Vitamin C: 4.18mg (5.07%), Copper: 0.09mg (4.39%), Vitamin B6: 0.08mg (4.18%), Folate: 13.67µg (3.42%), Vitamin B1: 0.05mg (3.12%), Phosphorus: 29.97mg (3%), Calcium: 29.81mg (2.98%), Magnesium: 11.49mg (2.87%), Vitamin B3: 0.55mg (2.77%), Vitamin B2: 0.04mg (2.55%), Vitamin E: 0.35mg (2.33%), Iron: 0.41mg (2.29%), Zinc: 0.24mg (1.62%), Vitamin B5: 0.14mg (1.42%), Selenium: 0.73µg (1.04%)