



 **10%**
HEALTH SCORE

Falafel I

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon ground pepper
- 2 cups chickpeas drained (garbanzo beans)
- 1 tablespoon corn oil
- 1 eggs
- 4 cloves garlic peeled sliced
- 1 spring onion chopped
- 0.3 teaspoon ground coriander
- 0.3 teaspoon ground cumin

- 1 onion cut into chunks
- 3 tablespoons peanut butter
- 1 tablespoon soya sauce

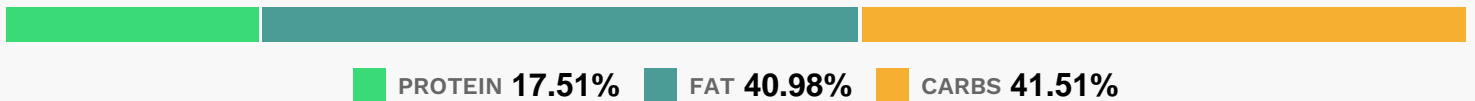
Equipment

- food processor
- frying pan
- blender

Directions

- In a food processor or blender puree chickpeas. To the chickpeas add garlic, peanut butter, green onion, onion, egg, coriander, cumin, cayenne pepper and soy sauce; process until well mixed. Shape into balls, using about 1 tablespoon for each.
- Heat oil in a medium skillet over medium-high heat. Brown balls on all sides.

Nutrition Facts



Properties

Glycemic Index:45.19, Glycemic Load:5.42, Inflammation Score:-6, Nutrition Score:14.403912891512%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

Nutrients (% of daily need)

Calories: 273.16kcal (13.66%), Fat: 12.93g (19.89%), Saturated Fat: 2.08g (13%), Carbohydrates: 29.47g (9.82%), Net Carbohydrates: 21.91g (7.97%), Sugar: 6.59g (7.33%), Cholesterol: 40.92mg (13.64%), Sodium: 326.59mg (14.2%), Alcohol: Og (100%), Protein: 12.43g (24.85%), Manganese: 1.15mg (57.28%), Folate: 164.72µg (41.18%), Fiber: 7.55g (30.21%), Phosphorus: 221.25mg (22.12%), Copper: 0.38mg (18.9%), Iron: 3.14mg (17.46%), Magnesium: 67.92mg (16.98%), Vitamin E: 2.08mg (13.87%), Vitamin B6: 0.27mg (13.53%), Zinc: 1.83mg (12.19%), Vitamin B3: 2.3mg (11.51%), Potassium: 397.82mg (11.37%), Selenium: 7.57µg (10.82%), Vitamin K: 11.3µg (10.77%), Vitamin B1: 0.14mg (9.37%), Vitamin B2: 0.15mg (8.63%), Calcium: 69.27mg (6.93%), Vitamin B5: 0.6mg (6.01%), Vitamin C: 4.73mg

(5.74%), Vitamin A: 165.87IU (3.32%), Vitamin B12: 0.1 μ g (1.63%), Vitamin D: 0.22 μ g (1.47%)