



## Falafel in Pita with Yogurt Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 tablespoon pepper black freshly ground
- ☐ 28 ounce chick peas drained canned
- ☐ 2 tablespoons canola oil for frying
- ☐ 0.8 cup freshly cilantro leaves chopped
- ☐ 1 tablespoon freshly cilantro leaves chopped
- ☐ 1 eggs
- ☐ 5 tablespoons flour
- ☐ 5 cloves garlic chopped

- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon ground cumin
- ☐ 4 servings kosher salt as needed
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 0.5 tablespoon lemon zest
- ☐ 4 servings toppings: lettuce shredded sliced chopped
- ☐ 2 cups freshly parsley leaves chopped
- ☐ 2 teaspoons freshly parsley leaves chopped
- ☐ 4 servings pitas for sandwich
- ☐ 1 cup yogurt plain
- ☐ 1 large bell pepper red chopped
- ☐ 1 teaspoon chili flakes red
- ☐ 1 tablespoon salt
- ☐ 1 medium onion yellow chopped

## Equipment

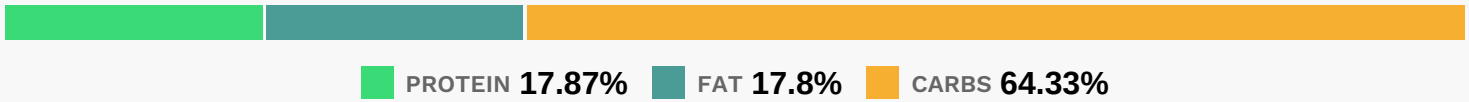
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ In medium skillet over medium heat, add 2 tablespoons oil and sweat onion and peppers 2 to 3 minutes then garlic and cook until translucent, about 5 minutes.
- ☐ In a food processor, pulse together chick peas, red chili flakes, ground cumin, the egg, salt and black pepper to form a coarse consistency. Then add flour, parsley, and cilantro. Pulse until mixture starts pulling from the sides of the food processor.
- ☐ Remove mixture to a large bowl and mix in the onion mixture. Chill falafel until ready to cook.
- ☐ Roll falafel dough into 1-inch rounds. Then form rounds into an oblong quenelle shape, like a football.

- ☐ In a thick-bottomed skillet heat 1/2 inch of canola oil over medium heat to 350 degrees F. Cook falafel balls a few at a time, until golden brown, about 5 minutes. Be sure to turn them so they do not burn or stick to the bottom of the pan.
- ☐ Drain on paper towels and sprinkle with salt while still hot.
- ☐ Open the pita bread to make pockets.
- ☐ Place 3 to 4 falafels inside. Stuff with lettuce tomato and cucumbers and drizzle sauce generously on the inside.
- ☐ Serve immediately.
- ☐ Mix the yogurt, lemon zest, lemon juice, cilantro, parsley and cumin together in a small bowl.
- ☐ Add salt to taste. Chill until ready to use.

## Nutrition Facts



## Properties

Glycemic Index:130.58, Glycemic Load:44.4, Inflammation Score:-10, Nutrition Score:38.940869450569%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 64.86mg, Apigenin: 64.86mg, Apigenin: 64.86mg, Apigenin: 64.86mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 4.58mg, Myricetin: 4.58mg, Myricetin: 4.58mg, Myricetin: 4.58mg Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg

## Nutrients (% of daily need)

Calories: 486.75kcal (24.34%), Fat: 9.89g (15.22%), Saturated Fat: 2.37g (14.84%), Carbohydrates: 80.43g (26.81%), Net Carbohydrates: 66.13g (24.05%), Sugar: 8.06g (8.96%), Cholesterol: 48.88mg (16.29%), Sodium: 2873.95mg (124.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.35g (44.7%), Vitamin K: 529.04µg (503.85%), Vitamin C: 101.97mg (123.59%), Manganese: 2.41mg (120.67%), Vitamin A: 4784.26IU (95.69%), Vitamin B6: 1.29mg (64.35%), Fiber: 14.3g (57.21%), Folate: 188.46µg (47.12%), Iron: 7.15mg (39.7%), Phosphorus: 371.08mg (37.11%), Calcium: 289.23mg (28.92%), Magnesium: 114.7mg (28.68%), Vitamin B1: 0.42mg (28.24%), Copper: 0.55mg (27.59%), Potassium: 961.52mg (27.47%), Vitamin B2: 0.38mg (22.38%), Zinc: 3.15mg (20.98%), Selenium: 12.92µg (18.46%), Vitamin B5: 1.69mg (16.91%), Vitamin B3: 3.17mg (15.85%), Vitamin E: 1.75mg (11.69%), Vitamin B12: 0.32µg (5.41%), Vitamin D: 0.28µg (1.88%)