



## Falafel Patties with Tzatziki



Vegetarian



Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



280 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon pepper black
- ☐ 15 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 0.3 cup flat-leaf parsley leaves fresh
- ☐ 0.3 cup flour all-purpose
- ☐ 2 garlic cloves
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon lemon rind grated

- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons tahini (roasted sesame seed paste)
- ☐ 4 servings tzatziki

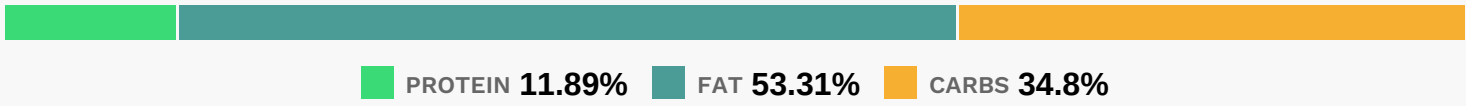
## Equipment

- ☐ food processor
- ☐ frying pan

## Directions

- ☐ With food processor on, drop garlic through food chute; process until minced.
- ☐ Add chickpeas and next 8 ingredients to garlic in food processor; process until chickpeas are finely ground. Shape mixture into 4 (3-inch) patties.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add patties to pan; cook 4 minutes on each side or until browned.
- ☐ Serve patties with Tzatziki.

## Nutrition Facts



## Properties

Glycemic Index:76.58, Glycemic Load:8.68, Inflammation Score:-6, Nutrition Score:14.369565030803%

## Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 280.12kcal (14.01%), Fat: 17.28g (26.59%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 25.39g (8.46%), Net Carbohydrates: 19.82g (7.21%), Sugar: 1.1g (1.22%), Cholesterol: 5mg (1.67%), Sodium: 848.42mg (36.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.34%), Vitamin K: 66.2µg (63.05%), Manganese: 1mg

(50.17%), Vitamin B6: 0.54mg (27.16%), Fiber: 5.57g (22.27%), Phosphorus: 182.07mg (18.21%), Calcium: 162.29mg (16.23%), Copper: 0.31mg (15.66%), Iron: 2.77mg (15.4%), Vitamin B1: 0.22mg (14.97%), Folate: 54.13µg (13.53%), Selenium: 7.62µg (10.88%), Magnesium: 42.41mg (10.6%), Vitamin A: 444.97IU (8.9%), Zinc: 1.22mg (8.14%), Vitamin C: 6.56mg (7.95%), Vitamin E: 1.06mg (7.08%), Potassium: 236.05mg (6.74%), Vitamin B3: 1.11mg (5.55%), Vitamin B2: 0.07mg (4.2%), Vitamin B5: 0.38mg (3.81%)