



Falafel Pita with Tahini Sauce



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



219 kcal

Ingredients

- ☐ 0.7 cup bulgur
- ☐ 15 ounce garbanzo beans rinsed drained canned
- ☐ 0.3 teaspoon ground pepper
- ☐ 1 large egg whites
- ☐ 0.3 cup mint leaves fresh packed
- ☐ 0.5 cup parsley fresh packed
- ☐ 1 garlic clove
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 4 cups lettuce
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 6 6-inch wholewheat pita breads ()
- ☐ 1 cup roasted peppers red
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup tahini
- ☐ 0.3 cup water

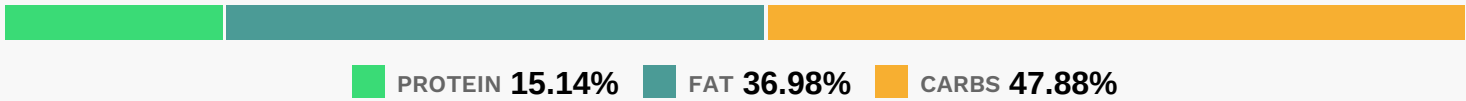
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook bulgur according to package directions; drain and set aside to cool. In a food processor, combine cooked bulgur, garbanzo beans, egg white, parsley, 1/4 mint, garlic, cayenne pepper, cumin, salt, and pepper. Form mixture into 6 (approximately 3-inch) patties and place on a large plate. Refrigerate until firm (20 minutes).
- ☐ Heat olive oil in a large nonstick skillet over medium-high heat. Cook falafel burgers until browned and heated through (3 minutes per side).
- ☐ Transfer to a plate. Before serving, whisk together tahini, lemon juice, and water in a medium bowl until light and fluffy. Divide falafel burgers, tahini mixture, lettuce, and roasted red peppers among pitas and serve.

Nutrition Facts



Properties

Glycemic Index:57.89, Glycemic Load:7.72, Inflammation Score:-8, Nutrition Score:18.16521728881%

Flavonoids

Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 10.94mg, Apigenin: 10.94mg, Apigenin: 10.94mg, Apigenin: 10.94mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 218.61kcal (10.93%), Fat: 9.54g (14.68%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 27.8g (9.27%), Net Carbohydrates: 20.07g (7.3%), Sugar: 1.24g (1.38%), Cholesterol: 0mg (0%), Sodium: 643.45mg (27.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.79g (17.59%), Vitamin K: 95.5µg (90.95%), Manganese: 1.22mg (60.96%), Fiber: 7.73g (30.93%), Vitamin C: 22.11mg (26.8%), Vitamin B6: 0.48mg (24.24%), Phosphorus: 205.9mg (20.59%), Copper: 0.39mg (19.44%), Vitamin A: 921.58IU (18.43%), Vitamin B1: 0.26mg (17.11%), Magnesium: 66.95mg (16.74%), Iron: 2.77mg (15.37%), Folate: 60.72µg (15.18%), Potassium: 377.96mg (10.8%), Zinc: 1.48mg (9.85%), Selenium: 6.54µg (9.35%), Vitamin B3: 1.8mg (8.98%), Calcium: 80.44mg (8.04%), Vitamin B2: 0.1mg (5.75%), Vitamin B5: 0.48mg (4.78%), Vitamin E: 0.51mg (3.43%)