



Falafel Pitas

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



169 kcal

Ingredients

- ☐ 4 boston lettuce leaves
- ☐ 15 ounce garbanzo beans rinsed drained canned
- ☐ 0.3 cup cucumber shredded peeled seeded
- ☐ 0.3 cup breadcrumbs plain dry
- ☐ 1 large eggs
- ☐ 0.3 cup parsley fresh
- ☐ 1 garlic clove chopped
- ☐ 2 tablespoons spring onion chopped
- ☐ 0.5 teaspoon ground coriander

- ☐ 1 teaspoon ground cumin
- ☐ 1 Dash ground pepper red
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup greek yogurt plain 2% low-fat
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 8 slices tomatoes (1/4-inch-thick)
- ☐ 2 6-inch day old pita bread whole wheat halved ()

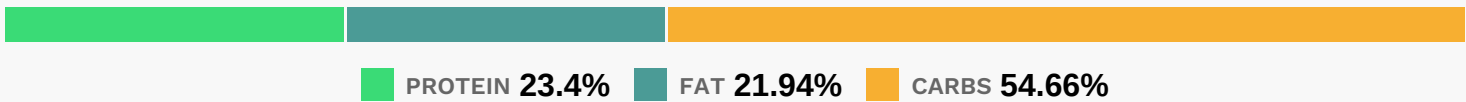
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 10 ingredients in a food processor. Process until finely chopped. Divide mixture into 4 equal portions; shape each portion into a 1/2-inch-thick patty.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add patties to pan; cook 3 minutes on each side or until lightly browned.
- ☐ Combine cucumber, yogurt, juice, and 1/8 teaspoon salt in a small bowl. Line each pita half with 1 lettuce leaf and 2 tomato slices.
- ☐ Place 1 patty in each pita half. Top each patty with about 1 tablespoon cucumber mixture.

Nutrition Facts



Properties

Glycemic Index:56.08, Glycemic Load:4.63, Inflammation Score:-8, Nutrition Score:17.00521737078%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 169.21kcal (8.46%), Fat: 4.27g (6.56%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 23.91g (7.97%), Net Carbohydrates: 17.65g (6.42%), Sugar: 2.87g (3.19%), Cholesterol: 47.32mg (15.77%), Sodium: 595.89mg (25.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.24g (20.47%), Vitamin K: 88.47µg (84.26%), Manganese: 1.08mg (54.21%), Vitamin B6: 0.61mg (30.56%), Vitamin A: 1406.95IU (28.14%), Fiber: 6.27g (25.07%), Vitamin C: 14.7mg (17.82%), Folate: 68.03µg (17.01%), Iron: 2.88mg (16.03%), Phosphorus: 149.62mg (14.96%), Copper: 0.25mg (12.4%), Magnesium: 47.78mg (11.94%), Selenium: 8.21µg (11.72%), Potassium: 405.41mg (11.58%), Calcium: 100.34mg (10.03%), Vitamin B1: 0.15mg (9.84%), Zinc: 1.23mg (8.23%), Vitamin B2: 0.13mg (7.76%), Vitamin B5: 0.66mg (6.65%), Vitamin B3: 1.09mg (5.44%), Vitamin E: 0.53mg (3.55%), Vitamin B12: 0.13µg (2.25%), Vitamin D: 0.25µg (1.67%)