



Falafel Pitas



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



801 kcal

Ingredients

- ☐ 0.7 cup cucumber peeled chopped
- ☐ 0.7 cup cucumber peeled thinly sliced
- ☐ 0.3 cup breadcrumbs dry
- ☐ 1 teaspoon optional: dill fresh chopped
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon garlic salt
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin

- ☐ 1 cup greek yogurt 2% reduced-fat
- ☐ 15 ounce no-salt-added chickpeas canned (garbanzo beans)
- ☐ 2 tablespoons olive oil
- ☐ 1 cup plum tomatoes chopped
- ☐ 0.3 cup onion red thinly sliced
- ☐ 3 tablespoons onion red finely chopped
- ☐ 2 cups romaine lettuce shredded
- ☐ 2 6-inch pitas whole wheat cut in half ()

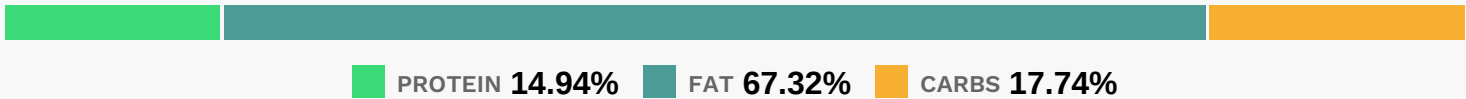
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ To prepare sauce, combine the first 4 ingredients; set aside.
- ☐ To prepare falafel, drain chickpeas in a colander over a bowl; reserve liquid.
- ☐ Place chickpeas, 3 tablespoons liquid (discard remaining liquid), breadcrumbs, and next 5 ingredients (through cumin) in a food processor; process until minced. Divide chickpea mixture into 8 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add patties to pan; cook 3 minutes on each side or until golden brown.
- ☐ Spread about 1/4 cup sauce into each pita half. Fill each pita half with 1/2 cup lettuce, 1/4 cup tomato, about 2 tablespoons sliced cucumber, 1 tablespoon sliced onion, and 2 patties.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:1.18, Inflammation Score:-10, Nutrition Score:33.859130470649%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 801.34kcal (40.07%), Fat: 63.65g (97.92%), Saturated Fat: 12.73g (79.58%), Carbohydrates: 37.76g (12.59%), Net Carbohydrates: 29.89g (10.87%), Sugar: 17.1g (18.99%), Cholesterol: 3.28mg (1.09%), Sodium: 683.94mg (29.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.78g (63.55%), Vitamin K: 98.55µg (93.85%), Manganese: 1.83mg (91.73%), Vitamin B3: 14.94mg (74.69%), Vitamin E: 11.1mg (74.02%), Vitamin A: 2928.83IU (58.58%), Magnesium: 204.29mg (51.07%), Phosphorus: 411.69mg (41.17%), Folate: 156.06µg (39.02%), Fiber: 7.86g (31.45%), Vitamin B6: 0.6mg (30.08%), Copper: 0.57mg (28.46%), Potassium: 930.79mg (26.59%), Zinc: 3.13mg (20.88%), Vitamin C: 17.14mg (20.78%), Vitamin B1: 0.3mg (19.74%), Iron: 3.42mg (18.99%), Calcium: 169.74mg (16.97%), Vitamin B2: 0.28mg (16.6%), Vitamin B5: 1.4mg (14.02%), Selenium: 6.77µg (9.68%)