



Falafel Pitas with Cucumber-Yogurt Dressing

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



214 kcal

Ingredients

- ☐ 1 cup arugula
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15.5 ounce garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 1 tablespoon dijon mustard
- ☐ 1 large eggs
- ☐ 1 large egg whites
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 tablespoons olive oil
- ☐ 0.5 teaspoon paprika

- ☐ 2 6-inch day old pita bread whole wheat split ()
- ☐ 0.3 cup onion red minced
- ☐ 0.1 teaspoon salt
- ☐ 1 ounce bread whole wheat
- ☐ 0.5 cup yogurt

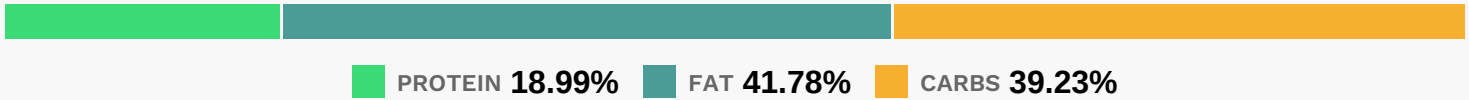
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Combine first 10 ingredients in a food processor; pulse 6 times or until well blended (mixture will be wet).
- ☐ Heat olive oil in a large nonstick skillet over medium-high heat. Spoon about 1/3 cup chickpea mixture per patty into pan; cook 4 minutes on each side or until golden brown.
- ☐ Line each pita half with 1/4 cup arugula, add 1 patty to each pita half, and spoon 2 tablespoons Cucumber-Yogurt Dressing into each pita half.

Nutrition Facts



Properties

Glycemic Index:68.01, Glycemic Load:6.41, Inflammation Score:-5, Nutrition Score:12.21304343576%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 213.67kcal (10.68%), Fat: 10.17g (15.64%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 21.48g (7.16%), Net Carbohydrates: 15.61g (5.68%), Sugar: 2.48g (2.75%), Cholesterol: 50.48mg (16.83%), Sodium: 501.74mg

(21.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.4g (20.8%), Manganese: 1.15mg (57.28%), Vitamin B6: 0.59mg (29.69%), Fiber: 5.87g (23.49%), Phosphorus: 171.92mg (17.19%), Selenium: 11.79µg (16.85%), Iron: 2.37mg (13.16%), Magnesium: 49.19mg (12.3%), Folate: 46.17µg (11.54%), Calcium: 113.25mg (11.33%), Copper: 0.22mg (10.88%), Vitamin B2: 0.18mg (10.58%), Vitamin K: 9.8µg (9.33%), Zinc: 1.34mg (8.9%), Potassium: 309.97mg (8.86%), Vitamin B5: 0.76mg (7.61%), Vitamin A: 366.19IU (7.32%), Vitamin E: 1.07mg (7.16%), Vitamin B1: 0.1mg (6.45%), Vitamin B12: 0.23µg (3.87%), Vitamin B3: 0.61mg (3.05%), Vitamin C: 1.81mg (2.19%), Vitamin D: 0.28µg (1.87%)