



WHATSheATE



HEALTH SCORE

91%

Falafel Pitas with Goat Cheese Sauce



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup chickpeas dried (garbanzo beans)
- ☐ 3 large egg whites
- ☐ 1 cup cucumber english seeded chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 small garlic clove minced

- ☐ 2 garlic clove chopped
- ☐ 2 ounces goat cheese (log-style soft
- ☐ 0.3 cup spring onion chopped
- ☐ 0.5 cup spring onion chopped
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup yogurt plain low-fat
- ☐ 2 cups plum tomatoes seeded chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 serrano chiles minced
- ☐ 1 6-inch day old pita bread whole wheat ()
- ☐ 4 6-inch day old pita bread whole wheat halved ()

Equipment

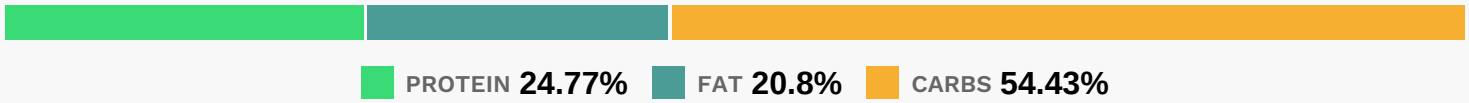
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ To prepare falafel, sort and wash chickpeas, and place in a large bowl. Cover with water to 2 inches above beans; cover and let stand 8 hours or overnight.
- ☐ Drain.
- ☐ Preheat oven to 35

- ☐ Combine chickpeas and next 11 ingredients (through 2 chopped garlic cloves) in a food processor; pulse 8 to 10 times or until finely chopped. Spoon mixture into a bowl.
- ☐ Add egg whites to chickpea mixture, and stir well.
- ☐ Let stand 15 minutes. Divide mixture into 16 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Place patties on a baking sheet coated with cooking spray.
- ☐ Bake at 350 for 10 minutes or until lightly browned.
- ☐ To prepare relish, combine tomato and next 5 ingredients (through chile).
- ☐ To prepare sauce, combine yogurt, goat cheese, 1/8 teaspoon salt, and 1 minced garlic clove, stirring with a whisk until smooth.
- ☐ Place 2 falafel patties in each pita half; spoon about 1/3 cup relish and 2 1/2 tablespoons sauce into each pita half.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:101.88, Glycemic Load:6.51, Inflammation Score:-10, Nutrition Score:31.953913227372%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Apigenin: 18.31mg, Apigenin: 18.31mg, Apigenin: 18.31mg, Apigenin: 18.31mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 317.67kcal (15.88%), Fat: 7.64g (11.76%), Saturated Fat: 3.08g (19.23%), Carbohydrates: 45g (15%), Net Carbohydrates: 33.47g (12.17%), Sugar: 14.25g (15.84%), Cholesterol: 10.2mg (3.4%), Sodium: 706.98mg (30.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.48g (40.96%), Vitamin K: 197.26µg (187.87%), Folate: 334.22µg (83.55%), Manganese: 1.43mg (71.43%), Fiber: 11.54g (46.15%), Vitamin C: 37.32mg (45.24%), Vitamin A: 2200.36IU (44.01%), Phosphorus: 391.3mg (39.13%), Copper: 0.67mg (33.71%), Potassium: 1081.58mg (30.9%), Calcium: 299.96mg (30%), Iron: 5.3mg (29.42%), Vitamin B2: 0.46mg (27.28%), Magnesium: 103.44mg (25.86%),

Vitamin B6: 0.5mg (25.22%), Vitamin B1: 0.36mg (24.01%), Zinc: 2.92mg (19.46%), Selenium: 12.72µg (18.18%),
Vitamin B5: 1.55mg (15.54%), Vitamin B3: 1.99mg (9.94%), Vitamin E: 1.35mg (8.99%), Vitamin B12: 0.39µg (6.54%)