



 **59%**
HEALTH SCORE

Falafel Salad

 Vegetarian  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 ounce chickpeas rinsed drained canned (garbanzo beans)
- 2 cups cucumber chopped (2)
- 0.3 cup breadcrumbs dry
- 1 large eggs
- 2 tablespoons flour all-purpose
- 1 cup parsley leaves fresh
- 2 large garlic cloves quartered
- 0.5 cup green onions chopped (4)

- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 tablespoon juice of lemon fresh
- 1 tablespoon olive oil divided
- 0.5 cup onion red chopped
- 10 ounce romaine lettuce chopped
- 0.3 teaspoon salt
- 4 servings tahini sauce
- 1 cup tomatoes chopped (1 large)

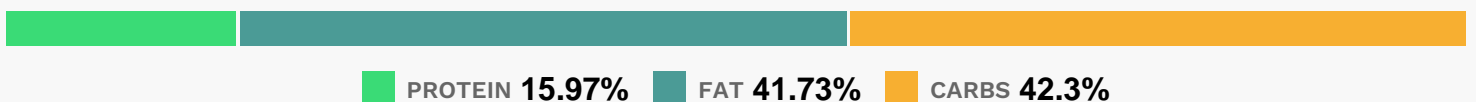
Equipment

- food processor
- frying pan

Directions

- Process first 10 ingredients in a food processor until smooth, scraping down sides as needed. Form mixture into 12 (2-inch) patties about 1/2-inch thick. Dredge patties in flour, shaking off excess.
- Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium heat.
- Add 6 patties; cook 3 minutes on each side or until lightly browned.
- Remove from pan; keep warm. Repeat procedure with remaining 1 1/2 teaspoons oil and patties.
- Arrange lettuce, cucumber, tomato, and green onions on serving plates. Top servings with falafel patties.
- Drizzle each serving with Tahini Sauce.

Nutrition Facts



Properties

Glycemic Index:73.58, Glycemic Load:7.65, Inflammation Score:-10, Nutrition Score:31.060869398324%

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: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg Quercetin: 7.25mg, Quercetin: 7.25mg, Quercetin: 7.25mg, Quercetin: 7.25mg

Nutrients (% of daily need)

Calories: 328.28kcal (16.41%), Fat: 16.02g (24.64%), Saturated Fat: 2.4g (15%), Carbohydrates: 36.54g (12.18%), Net Carbohydrates: 26.57g (9.66%), Sugar: 4.6g (5.11%), Cholesterol: 46.5mg (15.5%), Sodium: 554.51mg (24.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.8g (27.6%), Vitamin K: 354.99µg (338.08%), Vitamin A: 8021.18IU (160.42%), Manganese: 1.34mg (67.07%), Folate: 209.74µg (52.44%), Vitamin C: 36.65mg (44.43%), Fiber: 9.97g (39.86%), Vitamin B6: 0.77mg (38.69%), Vitamin B1: 0.5mg (33.14%), Phosphorus: 319.58mg (31.96%), Copper: 0.6mg (30.24%), Iron: 5.33mg (29.61%), Potassium: 792.43mg (22.64%), Magnesium: 88.18mg (22.04%), Selenium: 15.15µg (21.65%), Calcium: 162.74mg (16.27%), Zinc: 2.41mg (16.07%), Vitamin B2: 0.24mg (14.38%), Vitamin B3: 2.47mg (12.36%), Vitamin B5: 0.99mg (9.86%), Vitamin E: 1.16mg (7.77%), Vitamin B12: 0.13µg (2.25%), Vitamin D: 0.25µg (1.67%)