



Falafel Sandwiches with Sesame Mint Yogurt Sauce

 Vegetarian

READY IN



28 min.

SERVINGS



6

CALORIES



1143 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce garbanzo beans drained and rinsed canned chickpeas
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.3 teaspoon sesame oil dark
- ☐ 1 large eggs with a fork lightly beaten
- ☐ 1 cucumber english peeled chopped
- ☐ 0.3 cup cilantro leaves fresh packed
- ☐ 0.5 cup parsley leaves fresh packed

- ☐ 2 cloves garlic
- ☐ 1 pepper green seeded chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 small head iceberg lettuce chopped
- ☐ 1 lemon zest juiced
- ☐ 1 bunch mint leaves finely chopped
- ☐ 3 pita breads cut in 1/2
- ☐ 1 small onion red thinly sliced
- ☐ 6 servings salt and pepper
- ☐ 2 cups whole-milk yogurt plain greek-style
- ☐ 3 quarts vegetable oil for frying
- ☐ 3 tablespoons plus all-purpose

Equipment

- ☐ food processor
- ☐ bowl
- ☐ paper towels

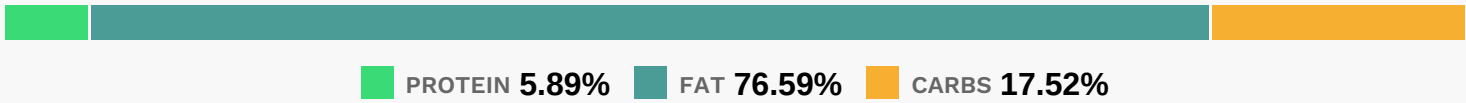
Directions

- ☐ In a food processor, combine the garbanzo beans, 3 to 4 tablespoons flour, herbs, garlic, cumin, cayenne, egg, and salt and pepper; pulse together until almost smooth.
- ☐ Transfer mixture to bowl. The mixture should be firm enough to form balls; if not, add additional flour as needed. Shape mixture into balls about 2 inches in diameter. Toss in remaining 1/2 cup flour to coat all over. Set aside until oil is hot enough to fry.
- ☐ Heat oil over medium-high heat until about 375 degrees F. Test with some extra falafel mix to see if the temperature is right; it should sink and rise to the surface and float.
- ☐ Add falafel balls in batches so as not to crowd them and cook until crisp and golden, about 8 minutes. Carefully remove from oil and drain on paper towels.
- ☐ Fill pita halves with a few falafel balls, cucumber, lettuce, onions and peppers, and top with yogurt sauce.

☐

Combine all ingredients in a bowl until well incorporated. Season with salt and pepper, to taste. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:68.72, Glycemic Load:22.69, Inflammation Score:-9, Nutrition Score:27.423478473788%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 10.88mg, Apigenin: 10.88mg, Apigenin: 10.88mg, Apigenin: 10.88mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg

Nutrients (% of daily need)

Calories: 1143.21kcal (57.16%), Fat: 99.2g (152.61%), Saturated Fat: 15.22g (95.11%), Carbohydrates: 51.07g (17.02%), Net Carbohydrates: 42.15g (15.33%), Sugar: 9.58g (10.64%), Cholesterol: 32.63mg (10.88%), Sodium: 824.56mg (35.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.15g (34.31%), Vitamin K: 281.15µg (267.76%), Manganese: 1.53mg (76.44%), Vitamin E: 8.1mg (54.02%), Vitamin B6: 0.87mg (43.56%), Vitamin C: 29.79mg (36.11%), Fiber: 8.91g (35.65%), Phosphorus: 328.55mg (32.86%), Calcium: 280.76mg (28.08%), Folate: 96.37µg (24.09%), Potassium: 720.01mg (20.57%), Magnesium: 81.89mg (20.47%), Vitamin B2: 0.35mg (20.46%), Iron: 3.62mg (20.12%), Vitamin A: 985.98IU (19.72%), Copper: 0.36mg (18%), Vitamin B1: 0.26mg (17.17%), Zinc: 2.47mg (16.49%), Vitamin B5: 1.46mg (14.59%), Selenium: 10.08µg (14.4%), Vitamin B12: 0.57µg (9.54%), Vitamin B3: 1.46mg (7.29%), Vitamin D: 0.17µg (1.11%)