



Falafel-Stuffed Pitas

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



249 kcal

Ingredients

- ☐ 15 ounce chickpeas drained canned (garbanzo beans)
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 8 curly kale leaves
- ☐ 0.3 cup breadcrumbs dry
- ☐ 1 large eggs
- ☐ 1 garlic clove minced
- ☐ 2 garlic cloves crushed
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.3 teaspoon ground pepper red

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons tahini (sesame-seed paste)
- ☐ 4 inch tomatoes
- ☐ 4 6-inch pitas whole wheat cut in half ()

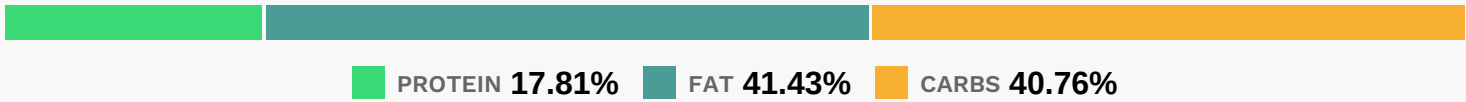
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ whisk

Directions

- ☐ To prepare falafel, place first 8 ingredients in a food processor; process mixture until smooth. Divide mixture into 16 equal portions, and shape each portion into a 1/4-inch-thick patty.
- ☐ Heat the olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add the patties, and cook 5 minutes on each side or until patties are browned.
- ☐ To prepare sauce, combine yogurt, lemon juice, tahini, and 1 garlic clove, stirring mixture with a whisk.
- ☐ Spread about 1 1/2 tablespoons tahini sauce into each pita half. Fill each pita half with 1 lettuce leaf, 2 tomato slices, and 2 patties.

Nutrition Facts



Properties

Glycemic Index:51.83, Glycemic Load:4.16, Inflammation Score:-9, Nutrition Score:17.798260849455%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 248.59kcal (12.43%), Fat: 11.86g (18.24%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 26.25g (8.75%), Net Carbohydrates: 20.24g (7.36%), Sugar: 3.19g (3.55%), Cholesterol: 48.34mg (16.11%), Sodium: 692.19mg (30.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.47g (22.95%), Manganese: 1.1mg (55.01%), Vitamin A: 2402.37IU (48.05%), Vitamin K: 42.69µg (40.65%), Vitamin B6: 0.63mg (31.42%), Phosphorus: 243.74mg (24.37%), Fiber: 6.01g (24.05%), Vitamin B1: 0.27mg (18.25%), Selenium: 12.26µg (17.51%), Copper: 0.34mg (17.19%), Iron: 3.09mg (17.15%), Folate: 64.54µg (16.13%), Calcium: 146.6mg (14.66%), Magnesium: 54.39mg (13.6%), Vitamin B2: 0.21mg (12.24%), Zinc: 1.76mg (11.72%), Potassium: 391.61mg (11.19%), Vitamin C: 7.71mg (9.35%), Vitamin B5: 0.81mg (8.06%), Vitamin B3: 1.28mg (6.42%), Vitamin E: 0.83mg (5.56%), Vitamin B12: 0.31µg (5.11%), Vitamin D: 0.25µg (1.67%)