



Falafel with Avocado Spread

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



249 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup avocado peeled mashed
- ☐ 0.8 ounce baked tortilla chips crushed finely
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 1.5 teaspoons canola oil
- ☐ 1 tablespoon cilantro leaves finely chopped
- ☐ 1 large egg whites
- ☐ 2 tablespoons spring onion finely chopped
- ☐ 0.1 teaspoon ground cumin

- ☐ 1 teaspoon juice of lime fresh
- ☐ 4 servings sprouts
- ☐ 2 ounces monterrey jack cheese shredded
- ☐ 2 6-inch wholewheat pita breads cut in half crosswise ()
- ☐ 1 tablespoon onion red finely chopped
- ☐ 4 onion red separated thin
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons cream fat-free sour
- ☐ 2 tablespoons tomatoes finely chopped

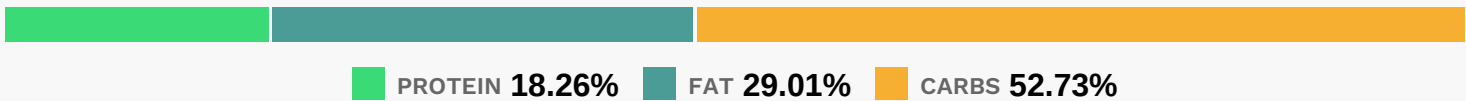
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ To prepare patties, place pinto beans in a medium bowl; partially mash with a fork.
- ☐ Add cheese and next 5 ingredients (through egg white); stir until well combined. Shape bean mixture into 4 (1/2-inch-thick) oval patties.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add patties to pan; cook 3 minutes on each side or until patties are browned and thoroughly heated.
- ☐ To prepare spread, combine avocado and next 5 ingredients (through salt), stirring well.
- ☐ Place 1 patty in each pita half.
- ☐ Spread about 2 tablespoons avocado spread over patty in each pita half; top with onions and greens.

Nutrition Facts



Properties

Glycemic Index:92.5, Glycemic Load:7.86, Inflammation Score:-7, Nutrition Score:11.986086982748%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 23.28mg, Quercetin: 23.28mg, Quercetin: 23.28mg, Quercetin: 23.28mg

Nutrients (% of daily need)

Calories: 248.56kcal (12.43%), Fat: 8.25g (12.69%), Saturated Fat: 3.24g (20.25%), Carbohydrates: 33.73g (11.24%), Net Carbohydrates: 25.81g (9.39%), Sugar: 6.39g (7.1%), Cholesterol: 13.16mg (4.39%), Sodium: 495.98mg (21.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.68g (23.36%), Fiber: 7.92g (31.69%), Manganese: 0.52mg (25.97%), Phosphorus: 226.69mg (22.67%), Calcium: 203.76mg (20.38%), Potassium: 580.57mg (16.59%), Folate: 62.58µg (15.64%), Magnesium: 61.71mg (15.43%), Vitamin C: 12.08mg (14.65%), Vitamin B6: 0.27mg (13.46%), Copper: 0.26mg (12.88%), Vitamin K: 13.51µg (12.86%), Iron: 2.17mg (12.06%), Vitamin B2: 0.18mg (10.65%), Zinc: 1.41mg (9.39%), Vitamin B1: 0.14mg (9.14%), Vitamin E: 1.23mg (8.18%), Selenium: 5.49µg (7.84%), Vitamin A: 246.98IU (4.94%), Vitamin B5: 0.48mg (4.77%), Vitamin B3: 0.71mg (3.54%), Vitamin B12: 0.14µg (2.38%)