



 **44%**  
HEALTH SCORE

## Falafels With Tahini Sauce

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



360 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup turtle beans (soaked overnight)
- 1 medium onion chopped
- 3 cloves garlic minced
- 2 tablespoons cilantro leaves chopped
- 2 tablespoons parsley chopped
- 1 teaspoon cumin
- 1 teaspoon sea salt
- 1 teaspoon pepper dried red

- 1 teaspoon double-acting baking powder
- 5 tablespoons flour
- 4 servings tahini
- 0.5 cup tahini
- 0.5 cup water
- 2 optional: lemon
- 3 cloves garlic
- 0.1 teaspoon sea salt

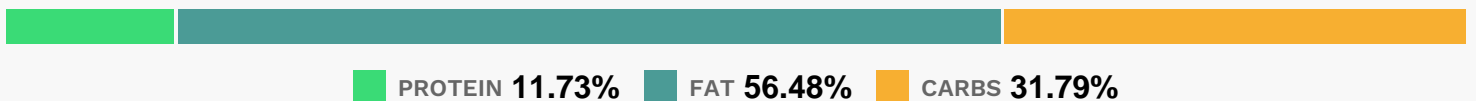
## Equipment

- food processor
- bowl

## Directions

- Soak the garbanzo beans overnight -drain.
- In a food processor add all the other ingredients except the flour and process until crumbly.
- Pour into a large bowl, add the flour a a tablespoon at the time and mix well.
- Keep adding flour until you can easily form the mixture into balls or patties without them falling apart.
- Place in the refridgerator and allow to chill while you make the Tahini Sauce.
- For the Tahini Sauce
- Place all the ingredients for the tahini sauce in the food processor and process until smooth, it should be a thin sauce.
- If it becomes too thick add more water or if you really like the tang add more lemon juice.

## Nutrition Facts



## Properties

Glycemic Index:93.13, Glycemic Load:8.14, Inflammation Score:-8, Nutrition Score:20.39%

## Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

## Taste

Sweetness: 9.22%, Saltiness: 13.35%, Sourness: 100%, Bitterness: 75.84%, Savoriness: 7.64%, Fattiness: 52.22%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 359.76kcal (17.99%), Fat: 24.48g (37.66%), Saturated Fat: 3.41g (21.34%), Carbohydrates: 31g (10.33%), Net Carbohydrates: 25.37g (9.23%), Sugar: 2.65g (2.95%), Cholesterol: 0mg (0%), Sodium: 794.2mg (34.53%), Protein: 11.44g (22.89%), Vitamin C: 49.13mg (59.55%), Vitamin B1: 0.84mg (55.91%), Phosphorus: 438.76mg (43.88%), Copper: 0.84mg (42.08%), Folate: 135.06µg (33.76%), Vitamin K: 34.19µg (32.56%), Selenium: 19.79µg (28.27%), Iron: 4.19mg (23.3%), Fiber: 5.63g (22.52%), Calcium: 189.23mg (18.92%), Magnesium: 73.19mg (18.3%), Zinc: 2.59mg (17.23%), Vitamin B3: 3.32mg (16.59%), Potassium: 504.06mg (14.4%), Manganese: 0.22mg (11.09%), Vitamin B6: 0.22mg (10.92%), Vitamin B2: 0.13mg (7.77%), Vitamin A: 379.56IU (7.59%), Vitamin B5: 0.22mg (2.18%), Vitamin E: 0.32mg (2.15%)