



 **70%**
HEALTH SCORE

Fava Bean Rounds (Falafel)

 Vegetarian  Dairy Free  Very Healthy

READY IN



180 min.

SERVINGS



1

CALORIES



1039 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 eggs
- 2 tablespoons flour all-purpose
- 3 tablespoons parsley fresh chopped
- 1 cup chickpeas dried white
- 2 teaspoons garlic clove finely chopped
- 1 teaspoon ground coriander
- 0.8 teaspoon ground cumin

- 0.1 teaspoon ground pepper red (cayenne)
- 1 small onion red finely chopped
- 1 teaspoon salt
- 1 serving vegetable oil
- 2 cups water

Equipment

- food processor
- paper towels
- sauce pan
- blender
- slotted spoon

Directions

- Heat 2 cups water and the beans to boiling in 2-quart saucepan. Boil 2 minutes; remove from heat. Cover and let stand 1 hour.
- Add enough water to cover beans if necessary.
- Heat to boiling; reduce heat. Cover and simmer 1 to 1/2 hours or until tender.
- Drain, reserving liquid.
- Mash beans with fork; add 2 to 3 tablespoons reserved liquid if necessary. (Do not puree beans in blender or food processor.) Stir in remaining ingredients except oil. (
- Mixture should be thick.) Cover and let stand 1 hour.
- Pinch off 1-inch pieces; shape into rounds and flatten.
- Let stand 30 minutes.
- Heat oil (2 inches) in 3-quart saucepan to 375F. Fry 4 or 5 rounds at a time in oil 2 to 3 minutes, turning once, until golden brown.
- Remove with slotted spoon; drain on paper towels.

Nutrition Facts



■ PROTEIN 18.04% ■ FAT 26.44% ■ CARBS 55.52%

Properties

Glycemic Index:313.5, Glycemic Load:29.26, Inflammation Score:-10, Nutrition Score:57.419999848241%

Flavonoids

Apigenin: 25.87mg, Apigenin: 25.87mg, Apigenin: 25.87mg, Apigenin: 25.87mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg Quercetin: 22.47mg, Quercetin: 22.47mg, Quercetin: 22.47mg, Quercetin: 22.47mg

Nutrients (% of daily need)

Calories: 1039.45kcal (51.97%), Fat: 31.38g (48.28%), Saturated Fat: 4.91g (30.66%), Carbohydrates: 148.26g (49.42%), Net Carbohydrates: 109.6g (39.86%), Sugar: 26.49g (29.43%), Cholesterol: 163.68mg (54.56%), Sodium: 2581.35mg (112.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.19g (96.37%), Folate: 1201.87µg (300.47%), Manganese: 4.88mg (244.16%), Vitamin K: 241.55µg (230.04%), Fiber: 38.66g (154.65%), Copper: 1.94mg (96.85%), Phosphorus: 921.67mg (92.17%), Iron: 16.5mg (91.65%), Vitamin B1: 1.18mg (78.49%), Vitamin B6: 1.38mg (69.06%), Magnesium: 274.61mg (68.65%), Potassium: 2135.78mg (61.02%), Zinc: 8.14mg (54.29%), Selenium: 37.04µg (52.91%), Vitamin B2: 0.76mg (44.72%), Vitamin C: 34.7mg (42.06%), Vitamin B5: 4.14mg (41.35%), Calcium: 392.52mg (39.25%), Vitamin A: 1508.3IU (30.17%), Vitamin E: 3.5mg (23.32%), Vitamin B3: 4.46mg (22.3%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%)