



Fava Bean Rounds (Falafel)



Vegetarian



Dairy Free



Very Healthy

READY IN



180 min.

SERVINGS



2

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups water
- ☐ 1 cup chickpeas dried white
- ☐ 1 eggs
- ☐ 1 small onion red finely chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 teaspoons garlic clove finely chopped
- ☐ 1 teaspoon salt

- ☐ 1 teaspoon ground coriander
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 1 serving vegetable oil

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 375°F. 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:156.75, Glycemic Load:14.63, Inflammation Score:-9, Nutrition Score:36.419565428858%

Flavonoids

Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 11.23mg, Quercetin: 11.23mg, Quercetin: 11.23mg, Quercetin: 11.23mg

Nutrients (% of daily need)

Calories: 519.72kcal (25.99%), Fat: 15.69g (24.14%), Saturated Fat: 2.45g (15.33%), Carbohydrates: 74.13g (24.71%), Net Carbohydrates: 54.8g (19.93%), Sugar: 13.24g (14.72%), Cholesterol: 81.84mg (27.28%), Sodium: 1290.68mg (56.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.09g (48.19%), Folate: 600.93µg (150.23%), Manganese: 2.44mg (122.08%), Vitamin K: 120.77µg (115.02%), Fiber: 19.33g (77.32%), Copper: 0.97mg (48.43%), Phosphorus: 460.83mg (46.08%), Iron: 8.25mg (45.83%), Vitamin B1: 0.59mg (39.24%), Vitamin B6: 0.69mg (34.53%), Magnesium: 137.31mg (34.33%), Potassium: 1067.89mg (30.51%), Zinc: 4.07mg (27.14%), Selenium: 18.52µg (26.46%), Vitamin B2: 0.38mg (22.36%), Vitamin C: 17.35mg (21.03%), Vitamin B5: 2.07mg (20.68%), Calcium: 196.26mg (19.63%), Vitamin A: 754.15IU (15.08%), Vitamin E: 1.75mg (11.66%), Vitamin B3: 2.23mg (11.15%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%)