



## Israeli Falafel

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 teaspoon baking soda
- 1 cup chickpeas dried refrigerated canned drained to cover by 2 inches, then , or 1 cup chickpeas,
- 1 cucumber diced peeled seeded
- 2 tablespoons parsley fresh finely chopped
- 2 cloves garlic peeled smashed
- 1 bell pepper diced green seeded
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin

- 0.5 teaspoon pepper black
- 20 servings hot sauce
- 0.5 teaspoon kosher salt
- 4.5 teaspoons juice of lemon fresh
- 20 servings mangos (pickle)
- 0.5 cup onion diced
- 1 small onion diced
- 5 wholewheat pita breads
- 2 plum tomatoes diced seeded
- 0.5 teaspoon pepper dried red
- 1 teaspoon salt
- 0.5 cup tahini (sesame seed paste)
- 20 servings turnip
- 6 cups vegetable oil for frying
- 20 servings frangelico
- 20 servings frangelico

## Equipment

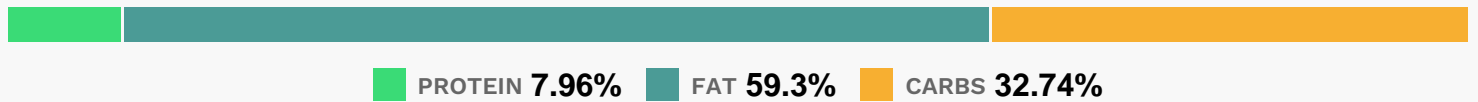
- food processor
- frying pan
- paper towels
- blender
- kitchen thermometer

## Directions

- Make tahini sauce
- In food processor or blender, combine all ingredients and 1/4 cup water. Process into smooth paste. (DO AHEAD: Sauce can be made ahead and refrigerated, covered, up to 1 day.)
- Make falafel

- Mixture can be made ahead and refrigerated, covered, up to 1 day.)
- In large shallow skillet over moderately high heat, heat 3 inches oil until thermometer registers 350F.
- Using 2 teaspoons or falafel scoop, form mixture into approximately 1-inch-diameter balls or disks. Working in batches of 5, lower carefully into hot oil and fry, turning occasionally, until deep golden brown, about 1 to 2 minutes.
- Drain on paper towels. Repeat to fry remaining falafel, returning oil to 350F between each batch.
- To serve: Divide falafel balls among pita pockets. Tuck in diced tomatoes, onion, pepper, and cucumber, pickled turnip, and mango amba.
- Drizzle in tahini sauce and harissa sauce.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:22.91, Glycemic Load:10.73, Inflammation Score:-5, Nutrition Score:10.285652243573%

### Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

### Nutrients (% of daily need)

Calories: 253.74kcal (12.69%), Fat: 17.21g (26.48%), Saturated Fat: 2.55g (15.94%), Carbohydrates: 21.38g (7.13%), Net Carbohydrates: 17.35g (6.31%), Sugar: 4.55g (5.06%), Cholesterol: 0mg (0%), Sodium: 329.92mg (14.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.39%), Vitamin K: 33.81µg (32.2%), Vitamin C: 22.5mg (27.27%), Manganese: 0.43mg (21.46%), Folate: 81.05µg (20.26%), Fiber: 4.03g (16.12%), Vitamin B1: 0.22mg (14.86%), Copper: 0.29mg (14.36%), Phosphorus: 125.2mg (12.52%), Potassium: 323.58mg (9.25%), Vitamin E: 1.27mg (8.47%), Vitamin B6: 0.17mg (8.41%), Iron: 1.5mg (8.33%), Magnesium: 33.13mg (8.28%), Zinc: 0.99mg

(6.61%), Calcium: 58.96mg (5.9%), Vitamin B3: 1.16mg (5.8%), Selenium: 3.49µg (4.98%), Vitamin B2: 0.07mg (4.27%), Vitamin B5: 0.41mg (4.09%), Vitamin A: 156.47IU (3.13%)