



Israeli Falafel



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



252 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
- ☐ 0.5 teaspoon kosher salt
- ☐ 4.5 teaspoons juice of lemon fresh
- ☐ 20 servings mangos (pickle)
- ☐ 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

Equipment

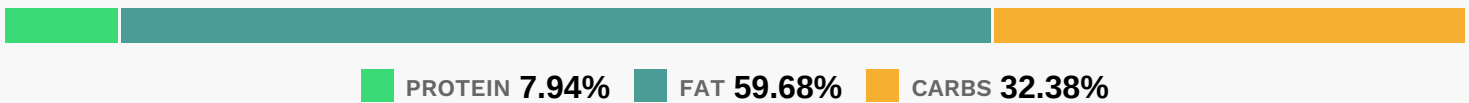
- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ kitchen thermometer

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 350°F.

- ☐ 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 350°F between each batch.
- ☐ 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:21.56, Glycemic Load:10.64, Inflammation Score:-5, Nutrition Score:10.180434766023%

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: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 252.13kcal (12.61%), Fat: 17.21g (26.47%), Saturated Fat: 2.55g (15.93%), Carbohydrates: 21.01g (7%), Net Carbohydrates: 17.05g (6.2%), Sugar: 4.38g (4.87%), Cholesterol: 0mg (0%), Sodium: 327.12mg (14.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.3%), Vitamin K: 33.79µg (32.18%), Vitamin C: 22.13mg (26.82%), Manganese: 0.42mg (21.2%), Folate: 80.28µg (20.07%), Fiber: 3.96g (15.85%), Vitamin B1: 0.22mg (14.73%), Copper: 0.29mg (14.28%), Phosphorus: 124.03mg (12.4%), Potassium: 317.59mg (9.07%), Vitamin E: 1.27mg (8.46%), Iron: 1.49mg (8.28%), Magnesium: 32.72mg (8.18%), Vitamin B6: 0.16mg (8.17%), Zinc: 0.98mg (6.57%), Calcium: 58.03mg (5.8%), Vitamin B3: 1.16mg (5.78%), Selenium: 3.47µg (4.95%), Vitamin B2: 0.07mg (4.2%), Vitamin B5: 0.4mg (4.04%), Vitamin A: 156.23IU (3.12%)