



Jeanie's Falafel

 Vegetarian  Vegan  Dairy Free

READY IN



32 min.

SERVINGS



6

CALORIES



438 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 19 ounce garbanzo beans rinsed drained canned
- 1 teaspoon parsley dried
- 1 cup bread crumbs dry fine
- 1.5 tablespoons cilantro leaves fresh chopped
- 2 cloves garlic minced
- 2 teaspoons ground cumin
- 0.1 teaspoon ground turmeric

- 1 small onion finely chopped
- 0.3 teaspoon cracked peppercorns black
- 0.8 teaspoon salt
- 1 quart vegetable oil for frying

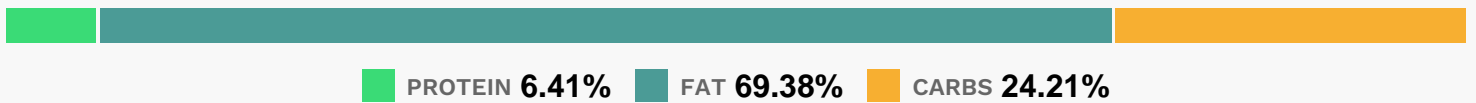
Equipment

- bowl
- frying pan
- deep fryer

Directions

- Mash the garbanzo beans in a large bowl. Stir in the onion, garlic, cilantro, parsley, cumin, turmeric, baking powder, bread crumbs, salt and pepper. Do not be afraid to use your hands. Shape the mixture into 1 1/2 inch balls; you should get 18 to 20
- If the mixture does not hold together, add a little water.
- Heat the oil in a deep fryer to 375 degrees F (190 degrees C). Carefully drop the balls into the hot oil, and fry until brown. If you do not have a deep fryer, heat the oil in a heavy deep skillet over medium-high heat. You may need to adjust the heat slightly after the first couple of falafels, and be sure to turn frequently so they brown evenly.

Nutrition Facts



Properties

Glycemic Index:43.89, Glycemic Load:3.74, Inflammation Score:-6, Nutrition Score:12.5773913653%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 438.47kcal (21.92%), Fat: 34.43g (52.96%), Saturated Fat: 5.23g (32.69%), Carbohydrates: 27.03g (9.01%), Net Carbohydrates: 21.92g (7.97%), Sugar: 1.64g (1.82%), Cholesterol: 0mg (0%), Sodium: 709.28mg (30.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.32%), Vitamin K: 60.14µg (57.28%), Manganese: 0.98mg (49.16%), Vitamin B6: 0.48mg (23.86%), Fiber: 5.11g (20.45%), Vitamin E: 2.63mg (17.52%), Vitamin B1: 0.21mg (14.31%), Iron: 2.54mg (14.13%), Phosphorus: 117.58mg (11.76%), Folate: 44.16µg (11.04%), Copper: 0.2mg (9.99%), Calcium: 95.97mg (9.6%), Selenium: 6.58µg (9.4%), Magnesium: 36.42mg (9.1%), Vitamin B3: 1.37mg (6.84%), Zinc: 0.95mg (6.33%), Potassium: 202.1mg (5.77%), Vitamin B2: 0.09mg (5.5%), Vitamin B5: 0.39mg (3.91%), Vitamin C: 1.38mg (1.67%), Vitamin B12: 0.06µg (1.05%)