



Lebanese Falafel

READY IN



45 min.

SERVINGS



4

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 oz garbanzo beans drained and rinsed canned
- 2 tablespoons parsley fresh
- 0.5 onion yellow chopped
- 4 garlic clove minced
- 1 tablespoon ground cumin
- 1 teaspoon ground coriander
- 2 tablespoons bulgar wheat cooked
- 2 tablespoons flour whole wheat
- 4 servings optional: lemon

- 0.3 cup tahini
- 2 pepperoncini pepper juice
- 0.5 teaspoon paprika
- 1 garlic clove minced
- 4 servings wrap
- 4 wholewheat pita breads
- 1 tomatoes diced
- 0.5 onion red finely sliced
- 0.5 cucumber halved sliced
- 1 cup the of 1 cos lettuce shredded green
- 0.3 cup tzatziki
- 0.5 cup feta cheese crumbled
- 1 serving frangelico
- 0.5 cup frangelico
- 4 servings frangelico
- 0.5 cup frangelico

Equipment

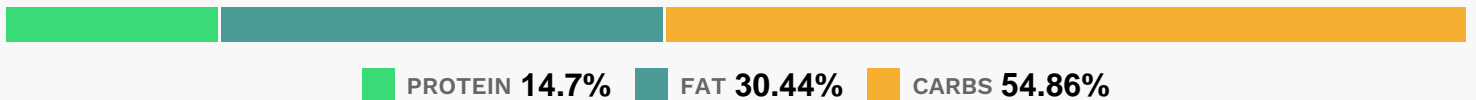
- food processor
- bowl
- baking sheet
- oven
- whisk
- aluminum foil

Directions

- In a food processor combine all ingredients and pulse until smooth.
- Place in a sealable container and refrigerate for at least one hour.
- Preheat oven to 40

- Spray a cookie sheet with cooking oil, set aside.
- Scoop two tablespoons of mixture and roll with your hands to create a ball.
- Place on prepared cookie sheet. Repeat for all the mixture. Makes about 12 equally sized falafel balls.
- Brush falafel with olive oil and bake in the oven for 20 minutes. You can opt to broil them for an additional 2 minutes to brown the tops.
- In the meantime combine all ingredients for the lemon tahini sauce in a small bowl.
- Whisk until smooth; set aside.
- To assemble spread tzatziki over four warmed pitas. Top with three falafel ball, diced tomato, red onion, cucumber and lettuce.
- Drizzle with lemon tahini sauce and sprinkle with feta cheese and tabouleh. Fold the pita and secure with tin foil.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:133.9, Glycemic Load:41.96, Inflammation Score:-9, Nutrition Score:29.601739130435%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

Taste

Sweetness: 55.08%, Saltiness: 28.14%, Sourness: 71.78%, Bitterness: 35.91%, Savoriness: 19.17%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 582.88kcal (29.14%), Fat: 20.26g (31.17%), Saturated Fat: 5.44g (34%), Carbohydrates: 82.16g (27.39%), Net Carbohydrates: 70.93g (25.79%), Sugar: 4.59g (5.1%), Cholesterol: 19.15mg (6.38%), Sodium: 1138.21mg (49.49%), Protein: 22.02g (44.04%), Manganese: 1.84mg (91.84%), Vitamin K: 52.99µg (50.47%), Phosphorus: 471.8mg (47.18%), Vitamin B1: 0.7mg (46.45%), Fiber: 11.23g (44.93%), Vitamin B6: 0.86mg (42.81%), Copper: 0.74mg (36.98%), Vitamin A: 1775.34IU (35.51%), Iron: 6.04mg (33.55%), Folate: 129.71µg (32.43%), Calcium: 315.44mg (31.54%), Selenium: 20.72µg (29.6%), Magnesium: 113.85mg (28.46%), Vitamin B2: 0.42mg (24.52%), Vitamin B3: 4.83mg (24.13%), Zinc: 3.28mg (21.86%), Vitamin C: 16.43mg (19.91%), Potassium: 663.37mg (18.95%), Vitamin B5: 1.12mg (11.22%), Vitamin B12: 0.32µg (5.28%), Vitamin E: 0.41mg (2.72%)