



Magpie's Easy Falafel Cakes



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



184 kcal

Ingredients

- ☐ 15.5 ounce garbanzo beans rinsed drained canned
- ☐ 0.3 cup cornmeal
- ☐ 0.3 cup imitation cream sour
- ☐ 4 cloves garlic minced
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 0.8 teaspoon hot sauce
- ☐ 2 tablespoons olive oil
- ☐ 0.5 small onion minced

☐ 0.5 teaspoon salt

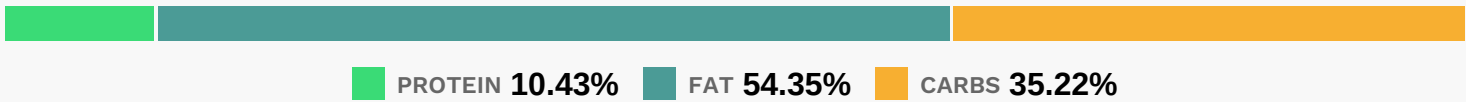
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the onions in 1 1/2 teaspoons of olive oil in a skillet over medium heat until soft and translucent.
- ☐ Pulse the garbanzo beans, imitation sour cream, cornmeal, garlic, cumin, coriander, salt, and hot sauce in a food processor until smooth.
- ☐ Transfer to a bowl and stir in the onions; cover and chill for 30 minutes.
- ☐ Place 1/4 cup cornmeal in a shallow dish. Form the garbanzo bean dough into 6 patties, 1/2-inch thick; roll the cakes in cornmeal.
- ☐ Heat 2 tablespoons of olive oil in a large skillet over medium heat. Cook the falafel cakes until browned on both sides, about 5 minutes per side.

Nutrition Facts



Properties

Glycemic Index:28.47, Glycemic Load:5.88, Inflammation Score:-3, Nutrition Score:6.8260869137619%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 183.71kcal (9.19%), Fat: 11.41g (17.55%), Saturated Fat: 3.92g (24.48%), Carbohydrates: 16.63g (5.54%), Net Carbohydrates: 12.47g (4.53%), Sugar: 0.77g (0.86%), Cholesterol: 14.94mg (4.98%), Sodium: 415.78mg (18.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.85%), Manganese: 0.7mg (35.04%), Vitamin B6:

0.42mg (21.21%), Fiber: 4.16g (16.65%), Phosphorus: 89mg (8.9%), Iron: 1.46mg (8.13%), Magnesium: 31.22mg (7.81%), Copper: 0.14mg (7.21%), Folate: 22.32µg (5.58%), Vitamin E: 0.83mg (5.55%), Zinc: 0.81mg (5.39%), Potassium: 166.88mg (4.77%), Calcium: 45.39mg (4.54%), Vitamin A: 210.69IU (4.21%), Selenium: 2.68µg (3.82%), Vitamin B1: 0.06mg (3.71%), Vitamin K: 3.33µg (3.17%), Vitamin B5: 0.31mg (3.12%), Vitamin B2: 0.05mg (2.84%), Vitamin C: 1.68mg (2.03%), Vitamin B3: 0.31mg (1.56%), Vitamin D: 0.21µg (1.41%)