



HEALTH SCORE

66%

Mini Falafel Pocket Sandwiches



Vegetarian



Very Healthy

READY IN



88 min.

SERVINGS



4

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.7 cup bulgur uncooked
- ☐ 15 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 1 large egg white
- ☐ 0.5 cup cucumber english thinly sliced
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 0.3 cup parsley leaves fresh
- ☐ 2 garlic cloves

- ☐ 0.8 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 3 tablespoons olive oil divided
- ☐ 2 6-inch pitas whole-wheat halved ()
- ☐ 0.3 cup onion red thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons tahini (roasted sesame seed paste)
- ☐ 1 cup tomatoes chopped (1 medium tomato)
- ☐ 1.3 cups water boiling
- ☐ 2 tablespoons water cold

Equipment

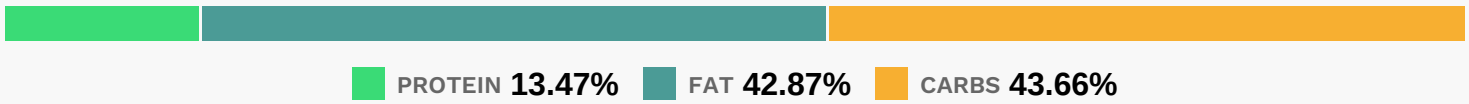
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

Directions

- ☐ To prepare Tahini-Yogurt Sauce, combine first 6 ingredients in a small bowl. Cover and chill until ready to serve.
- ☐ To prepare falafel, combine 1 1/3 cups boiling water and bulgur in a small bowl. Cover and let stand 25 to 30 minutes or until tender.
- ☐ Drain.
- ☐ Drop garlic through food chute with processor on; process until minced.
- ☐ Add bulgur, parsley, and next 6 ingredients (through egg white); process until smooth. Divide mixture into 8 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Place patties on a baking sheet; cover and chill 30 minutes.
- ☐ Heat 1 1/2 tablespoons oil in a large nonstick skillet over medium-high heat.

- ☐
- Add 4 patties; cook 3 minutes on each side or until golden brown. Repeat procedure with remaining 1 1/2 tablespoons oil and 4 patties.
- ☐
- Spread 1 tablespoon Tahini-Yogurt Sauce inside each pita. Fill each pita half with 2 patties. Divide tomato, cucumber, and red onion evenly among pita halves, and drizzle evenly with 1 tablespoon sauce.

Nutrition Facts



Properties

Glycemic Index:103.08, Glycemic Load:11.35, Inflammation Score:-8, Nutrition Score:22.063912941062%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 350.3kcal (17.51%), Fat: 17.47g (26.87%), Saturated Fat: 2.52g (15.77%), Carbohydrates: 40.02g (13.34%), Net Carbohydrates: 29.63g (10.78%), Sugar: 3.54g (3.93%), Cholesterol: 1.23mg (0.41%), Sodium: 489.57mg (21.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.35g (24.7%), Vitamin K: 97.38µg (92.75%), Manganese: 1.72mg (86.2%), Fiber: 10.39g (41.56%), Vitamin B6: 0.69mg (34.34%), Phosphorus: 269.76mg (26.98%), Magnesium: 91.73mg (22.93%), Copper: 0.43mg (21.68%), Vitamin C: 16mg (19.4%), Vitamin A: 904.19IU (18.08%), Iron: 3.1mg (17.19%), Vitamin B1: 0.25mg (16.88%), Folate: 61.16µg (15.29%), Potassium: 525.67mg (15.02%), Zinc: 1.94mg (12.93%), Vitamin E: 1.86mg (12.4%), Calcium: 120.72mg (12.07%), Selenium: 7.94µg (11.34%), Vitamin B3: 2.17mg (10.83%), Vitamin B2: 0.16mg (9.32%), Vitamin B5: 0.82mg (8.25%), Vitamin B12: 0.12µg (2.03%)