



WHATSHEATE



HEALTH SCORE

79%

Open-Faced Falafel Burgers



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 31 ounce chickpeas drained canned (garbanzo beans)
- ☐ 2 cups cucumber peeled sliced
- ☐ 0.5 cup breadcrumbs dry divided
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 4 garlic cloves minced
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 4 teaspoons olive oil divided
- ☐ 6 5-inch pitas mini (6 inches wide)
- ☐ 0.5 cup onion red finely chopped
- ☐ 1 cup onion red chopped
- ☐ 3 cups romaine lettuce chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup tahini (sesame-seed paste)
- ☐ 2 cups tomatoes chopped
- ☐ 1 cup water hot

Equipment

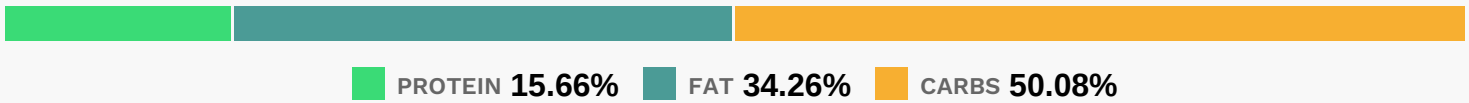
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ To prepare sauce, combine the first 5 ingredients in a blender, and process until smooth.
- ☐ To prepare patties, combine 1 cup onion and next 7 ingredients (through 4 garlic cloves) in a food processor, and process until smooth, scraping sides of bowl occasionally.
- ☐ Place bean mixture in a large bowl; stir in 1/4 cup breadcrumbs. Divide bean mixture into 6 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Place remaining 1/4 cup breadcrumbs in a shallow dish. Dredge patties in breadcrumbs.
- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add 3 patties to pan; cook 3 minutes on each side or until browned. Repeat procedure with remaining 2 teaspoons oil and patties.

- ☐ Warm mini pitas according to package directions.
- ☐ Place 1 pita on each of 6 plates. Top each serving with 1/2 cup lettuce, 1/3 cup tomato, 1/3 cup cucumber, and 4 teaspoons onion.
- ☐ Drizzle each serving with about 3 tablespoons sauce; top each serving with 1 patty.
- ☐ Wine note: Light in body and tannin, pinot noir is the perfect red wine for robust vegetarian dishes. These burgers include spices like coriander and cumin, which are echoed in Kim Crawford Marlborough Pinot Noir (\$15), with its savory nuances and aromas of smoke and dried herbs. Bright fruit and ample acidity help to cut the burgers' rich tahini sauce. –Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:56.89, Glycemic Load:7.65, Inflammation Score:-10, Nutrition Score:25.607391160467%

Flavonoids

Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg

Nutrients (% of daily need)

Calories: 295.49kcal (14.77%), Fat: 11.81g (18.17%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 38.85g (12.95%), Net Carbohydrates: 28.98g (10.54%), Sugar: 4.85g (5.39%), Cholesterol: 0mg (0%), Sodium: 737.16mg (32.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.15g (24.3%), Vitamin K: 115.63µg (110.13%), Manganese: 1.54mg (77.02%), Vitamin A: 2948.42IU (58.97%), Vitamin B6: 0.9mg (44.78%), Fiber: 9.86g (39.45%), Vitamin C: 25.21mg (30.56%), Folate: 119.73µg (29.93%), Copper: 0.53mg (26.42%), Phosphorus: 263.39mg (26.34%), Vitamin B1: 0.38mg (25.28%), Iron: 3.9mg (21.66%), Magnesium: 77.97mg (19.49%), Potassium: 632.97mg (18.08%), Selenium: 9.52µg (13.61%), Zinc: 2.02mg (13.49%), Calcium: 130.73mg (13.07%), Vitamin B3: 1.92mg (9.62%), Vitamin B5: 0.78mg (7.79%), Vitamin B2: 0.13mg (7.67%), Vitamin E: 0.78mg (5.21%)