

Pan-Fried Falafel



Vegetarian



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



368 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 15 ounce chickpeas drained canned garbanzo beans
- ☐ 1 pinch cayenne pepper
- ☐ 1 cup bread crumbs dry or as needed
- ☐ 1 eggs
- ☐ 0.5 cup parsley fresh
- ☐ 2 cloves garlic chopped
- ☐ 1 teaspoon ground coriander

- ☐ 2 teaspoons ground cumin
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 teaspoon juice of lemon
- ☐ 1 cup oil for frying or as needed
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped
- ☐ 1 teaspoon salt

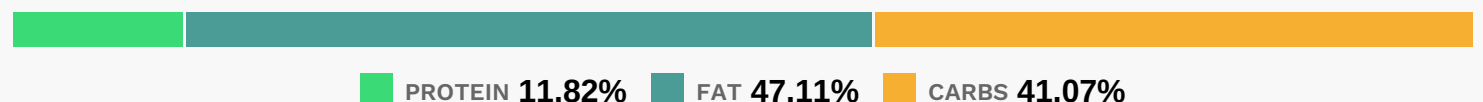
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Place chickpeas in a food processor; puree to a thick paste.
- ☐ Place onion, parsley, and garlic in the food processor; puree with chickpeas until combined.
- ☐ Transfer to a bowl.
- ☐ Whisk egg, cumin, coriander, salt, baking powder, lemon juice, black pepper, and cayenne pepper together in a small bowl.
- ☐ Stir egg mixture and 1 tablespoon olive oil into chickpea mixture until well mixed.
- ☐ Slowly stir bread crumbs into chickpea mixture until it holds together but is not sticky. Adjust with more or less bread crumbs as needed.
- ☐ Form mixture into balls and flatten into small patties.
- ☐ Pour olive oil to 1 inch deep in a large cast iron skillet; place over medium-high heat.
- ☐ Fry patties in hot oil until browned, 3 to 5 minutes per side.

Nutrition Facts



Properties

Glycemic Index:72.58, Glycemic Load:4.96, Inflammation Score:-8, Nutrition Score:20.569130472515%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 368.25kcal (18.41%), Fat: 19.67g (30.26%), Saturated Fat: 2.24g (14%), Carbohydrates: 38.57g (12.86%), Net Carbohydrates: 31.57g (11.48%), Sugar: 3.02g (3.35%), Cholesterol: 40.92mg (13.64%), Sodium: 1203.7mg (52.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.1g (22.2%), Vitamin K: 135.32µg (128.88%), Manganese: 1.25mg (62.72%), Vitamin B6: 0.62mg (30.92%), Fiber: 7g (27.99%), Iron: 4.25mg (23.6%), Vitamin B1: 0.33mg (21.97%), Phosphorus: 195.31mg (19.53%), Folate: 77.71µg (19.43%), Calcium: 184.84mg (18.48%), Selenium: 12.86µg (18.37%), Vitamin E: 2.71mg (18.05%), Vitamin C: 13.27mg (16.08%), Vitamin A: 731.69IU (14.63%), Copper: 0.28mg (14.09%), Magnesium: 54.43mg (13.61%), Vitamin B2: 0.2mg (11.58%), Vitamin B3: 2.14mg (10.7%), Zinc: 1.49mg (9.91%), Potassium: 336.92mg (9.63%), Vitamin B5: 0.71mg (7.12%), Vitamin B12: 0.19µg (3.21%), Vitamin D: 0.22µg (1.47%)