



## Sausage Falafel with Romaine and Yogurt Sauce

READY IN



80 min.

SERVINGS



4

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 15 ounce chickpeas rinsed drained canned
- 1 teaspoon cumin
- 0.5 cup flour all-purpose
- 2 garlic cloves finely chopped
- 4 servings hot sauce
- 4 servings kosher salt and ground pepper black finely
- 2 tablespoons juice of lime

- 2 tablespoons olive oil extra-virgin
- 0.5 a onion chopped
- 2 baby greens chopped
- 9 ounces turkey sausage
- 1 cup yogurt greek-style

## Equipment

- food processor
- frying pan
- baking sheet
- oven
- whisk
- mixing bowl

## Directions

- Preheat the oven to 400 degrees F.
- Pulse the chick peas, onion, garlic, cumin, 1 teaspoon salt, and 1/2 teaspoon pepper in a food processor until finely chopped.
- Sprinkle with the flour, baking powder, then pulse until just combined.
- Transfer to a medium mixing bowl and add the sausage, stirring together with your hands. Cover and move to the refrigerator to chill for 30 minutes.
- Once chilled, divide the mixture into tablespoons, rolling into 1-inch sized balls with wet hands.
- Heat the olive oil in a large pan over medium heat. In two batches, add the falafel balls and cook until lightly browned, about a minute and a half per side.
- Transfer to a baking sheet and bake in the oven until cooked through, about 10 minutes.
- Whisk together the yogurt, lime juice, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Divide the lettuce between 4 serving plates, then drizzle with some of yogurt sauce. Divide falafel between plates and serve with hot sauce.

## Nutrition Facts

PROTEIN 27.35% FAT 36.54% CARBS 36.11%

## Properties

Glycemic Index:75.33, Glycemic Load:13.09, Inflammation Score:-10, Nutrition Score:25.969130308732%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

## Nutrients (% of daily need)

Calories: 363.29kcal (18.16%), Fat: 14.88g (22.89%), Saturated Fat: 2.55g (15.95%), Carbohydrates: 33.08g (11.03%), Net Carbohydrates: 26.42g (9.61%), Sugar: 3.09g (3.43%), Cholesterol: 50.34mg (16.78%), Sodium: 754.23mg (32.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.05g (50.11%), Vitamin A: 4998.16IU (99.96%), Vitamin K: 62.49µg (59.52%), Manganese: 1.16mg (57.77%), Vitamin B6: 0.9mg (44.95%), Folate: 142.18µg (35.55%), Phosphorus: 320.73mg (32.07%), Fiber: 6.66g (26.64%), Vitamin B2: 0.43mg (25.24%), Zinc: 3.26mg (21.75%), Vitamin B3: 4.34mg (21.69%), Iron: 3.86mg (21.44%), Vitamin B12: 1.18µg (19.65%), Selenium: 12.92µg (18.46%), Vitamin B1: 0.27mg (18.13%), Potassium: 592.43mg (16.93%), Calcium: 167.3mg (16.73%), Magnesium: 62.16mg (15.54%), Copper: 0.29mg (14.66%), Vitamin B5: 1.32mg (13.19%), Vitamin C: 7.68mg (9.31%), Vitamin E: 1.22mg (8.11%)