



Sean's Falafel and Cucumber Sauce

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon double-acting baking powder
- 15 ounce garbanzo beans drained canned (garbanzo beans)
- 1 pinch ground pepper
- 0.5 cucumber peeled seeded finely chopped
- 1 teaspoon dill dried
- 1 cup breadcrumbs dry
- 1 eggs
- 0.5 cup parsley fresh

- 2 cloves garlic chopped
- 1 teaspoon ground coriander
- 2 teaspoons ground cumin
- 1 teaspoon juice of lemon
- 4 servings cooking oil for frying
- 1 tablespoon olive oil
- 1 onion chopped
- 1 dash pepper
- 6 ounce yogurt plain
- 1 teaspoon salt
- 4 servings salt and pepper to taste

Equipment

- bowl
- frying pan
- blender

Directions

- In a small bowl combine yogurt, cucumber, dill, salt, pepper and mayonnaise and mix well. Chill for at least 30 minutes.
- In a large bowl mash chickpeas until thick and pasty; don't use a blender, as the consistency will be too thin. In a blender, process onion, parsley and garlic until smooth. Stir into mashed chickpeas.
- In a small bowl combine egg, cumin, coriander, salt, pepper, cayenne, lemon juice and baking powder. Stir into chickpea mixture along with olive oil. Slowly add bread crumbs until mixture is not sticky but will hold together; add more or less bread crumbs, as needed. Form 8 balls and then flatten into patties.
- Heat 1 inch of oil in a large skillet over medium-high heat. Fry patties in hot oil until brown on both sides.
- Serve two falafels in each pita half topped with chopped tomatoes and cucumber sauce.

Nutrition Facts

PROTEIN 15.49% FAT 34.52% CARBS 49.99%

Properties

Glycemic Index:81.08, Glycemic Load:5.41, Inflammation Score:-8, Nutrition Score:22.10347826087%

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: 324.82kcal (16.24%), Fat: 12.72g (19.56%), Saturated Fat: 2.52g (15.73%), Carbohydrates: 41.44g (13.81%), Net Carbohydrates: 34.17g (12.42%), Sugar: 5.52g (6.13%), Cholesterol: 46.45mg (15.48%), Sodium: 1418.3mg (61.67%), Protein: 12.84g (25.68%), Vitamin K: 131.95µg (125.67%), Manganese: 1.28mg (64.06%), Vitamin B6: 0.66mg (32.76%), Fiber: 7.27g (29.08%), Iron: 4.47mg (24.81%), Calcium: 245.69mg (24.57%), Phosphorus: 244.79mg (24.48%), Vitamin B1: 0.35mg (23.63%), Folate: 85.92µg (21.48%), Selenium: 13.83µg (19.76%), Vitamin C: 14.81mg (17.95%), Vitamin A: 814.87IU (16.3%), Magnesium: 65mg (16.25%), Vitamin B2: 0.27mg (15.71%), Copper: 0.31mg (15.62%), Potassium: 460.82mg (13.17%), Zinc: 1.81mg (12.06%), Vitamin B3: 2.19mg (10.96%), Vitamin B5: 0.97mg (9.66%), Vitamin E: 1.27mg (8.49%), Vitamin B12: 0.35µg (5.83%), Vitamin D: 0.26µg (1.75%)