



## Smokey Mesquite Baked Falafel

READY IN



40 min.

SERVINGS



4

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 oz chickpeas rinsed canned (garbanzo beans)
- 1 cup four cheese shredded mexican style kraft finely
- 0.5 cup knudsen cream light sour
- 0.5 cup cucumbers english chopped
- 0.3 cup cilantro leaves fresh
- 1 clove garlic minced
- 0.3 tsp ground cumin
- 1 Tbsp a.1. mesquite marinade
- 1 Tbsp juice of lemon

- 1 cup lettuce shredded
- 4 pita breads
- 0.5 cup onions red thinly sliced
- 0.3 cup roasted peppers red chopped
- 1 pkt. shake â€™n bake seasoned panko seasoned coating mix
- 0.5 cup onions yellow chopped

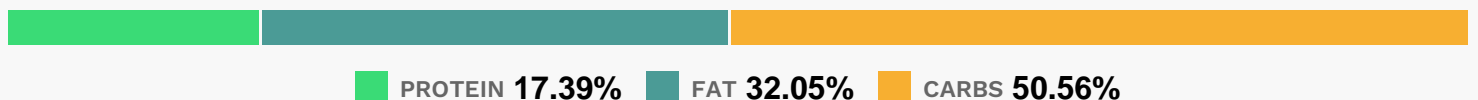
## Equipment

- food processor
- bowl
- baking sheet
- oven

## Directions

- Heat oven to 400F.
- Combine first 3 ingredients until blended; set aside. Process chickpeas and yellow onions in food processor until smooth; spoon into medium bowl. Stir in red peppers and 1 cup cheese mixture. Shape into 12 (3/4-inch-thick) patties.
- Place remaining cheese mixture in pie plate.
- Add patties, 1 at a time, turning to evenly coat both sides of each patty with cheese mixture.
- Place on baking sheet sprayed with cooking spray.
- Bake 20 min. Meanwhile, mix sour cream, lemon juice, garlic and cumin until blended. Reserve 3 Tbsp. sour cream mixture. Toss lettuce, red onions and cucumbers with remaining sour cream mixture.
- Top pitas with lettuce mixture and falafel patties.
- Drizzle with reserved sour cream mixture; top with cilantro.

## Nutrition Facts



## Properties

Glycemic Index:79.33, Glycemic Load:34.15, Inflammation Score:-7, Nutrition Score:16.98521738467%

## 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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.11mg, Quercetin: 9.11mg, Quercetin: 9.11mg, Quercetin: 9.11mg

## Nutrients (% of daily need)

Calories: 432.83kcal (21.64%), Fat: 15.55g (23.92%), Saturated Fat: 7.66g (47.9%), Carbohydrates: 55.19g (18.4%), Net Carbohydrates: 48.14g (17.5%), Sugar: 3.57g (3.96%), Cholesterol: 38.31mg (12.77%), Sodium: 1095.45mg (47.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.99g (37.98%), Manganese: 1.26mg (63.16%), Calcium: 347.44mg (34.74%), Vitamin B6: 0.64mg (31.85%), Phosphorus: 311.95mg (31.19%), Fiber: 7.05g (28.21%), Zinc: 2.54mg (16.96%), Folate: 65.85µg (16.46%), Selenium: 11.42µg (16.32%), Vitamin B1: 0.24mg (15.92%), Magnesium: 62.9mg (15.72%), Copper: 0.31mg (15.72%), Vitamin B2: 0.26mg (15.03%), Iron: 2.54mg (14.13%), Vitamin A: 635.47IU (12.71%), Vitamin C: 10.32mg (12.51%), Potassium: 436.78mg (12.48%), Vitamin K: 11.6µg (11.05%), Vitamin B5: 0.78mg (7.76%), Vitamin B3: 1.53mg (7.66%), Vitamin B12: 0.42µg (7%), Vitamin E: 0.39mg (2.57%), Vitamin D: 0.23µg (1.51%)