



Southwestern Falafel with Avocado Spread

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup avocado peeled mashed
- ☐ 0.8 ounce baked tortilla chips crushed finely
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 1.5 teaspoons canola oil
- ☐ 1 tablespoon cilantro leaves finely chopped
- ☐ 1 large egg whites
- ☐ 2 tablespoons spring onion finely chopped
- ☐ 0.1 teaspoon ground cumin

- ☐ 1 teaspoon juice of lime fresh
- ☐ 2 ounces monterrey jack cheese shredded
- ☐ 2 6-inch wholewheat pita breads cut in half crosswise ()
- ☐ 2 tablespoons plum tomatoes finely chopped
- ☐ 1 tablespoon onion red finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons cream fat-free sour

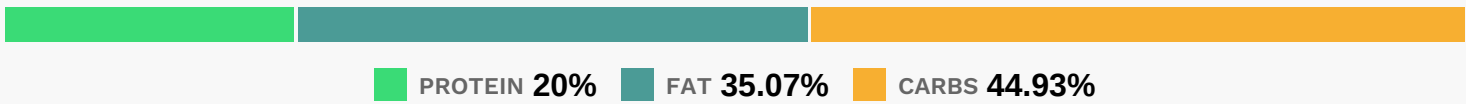
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ To prepare patties, place pinto beans in a medium bowl; partially mash with a fork.
- ☐ Add Monterey Jack cheese and next 5 ingredients (through egg white); stir until well combined. Form into 4 (1/2-inch-thick) oval patties.
- ☐ Heat canola oil in a large nonstick skillet over medium-high heat.
- ☐ Add patties; cook 3 minutes on each side or until patties are browned and thoroughly heated.
- ☐ To prepare spread, while patties cook, combine the avocado, plum tomato, red onion, sour cream, lime juice, and salt.
- ☐ Place 1 patty in each pita half.
- ☐ Spread about 2 tablespoons avocado spread over patty in each pita half.

Nutrition Facts



Properties

Glycemic Index:85.75, Glycemic Load:5.59, Inflammation Score:-4, Nutrition Score:9.2117390243903%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 204.33kcal (10.22%), Fat: 8.13g (12.51%), Saturated Fat: 3.19g (19.96%), Carbohydrates: 23.44g (7.81%), Net Carbohydrates: 17.4g (6.33%), Sugar: 1.73g (1.92%), Cholesterol: 13.16mg (4.39%), Sodium: 491.52mg (21.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.43g (20.86%), Fiber: 6.03g (24.14%), Phosphorus: 194.09mg (19.41%), Manganese: 0.38mg (18.78%), Calcium: 178.14mg (17.81%), Magnesium: 50.44mg (12.61%), Vitamin K: 12.76µg (12.15%), Potassium: 419.18mg (11.98%), Iron: 1.93mg (10.72%), Copper: 0.21mg (10.66%), Folate: 41.32µg (10.33%), Vitamin B2: 0.15mg (8.83%), Zinc: 1.21mg (8.08%), Vitamin E: 1.2mg (8.03%), Selenium: 4.93µg (7.04%), Vitamin B6: 0.14mg (6.85%), Vitamin B1: 0.09mg (5.72%), Vitamin A: 243.23IU (4.86%), Vitamin C: 3.86mg (4.68%), Vitamin B5: 0.34mg (3.36%), Vitamin B3: 0.58mg (2.88%), Vitamin B12: 0.14µg (2.38%)