



Spinach & feta falafel bites

 Vegetarian

READY IN



55 min.

SERVINGS



30

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 200 g baby spinach
- ☐ 400 g chickpeas drained canned
- ☐ 100 g feta cheese
- ☐ 2 tsp cumin
- ☐ 100 g flour plain
- ☐ 30 servings vegetable oil for frying
- ☐ 30 servings tzatziki

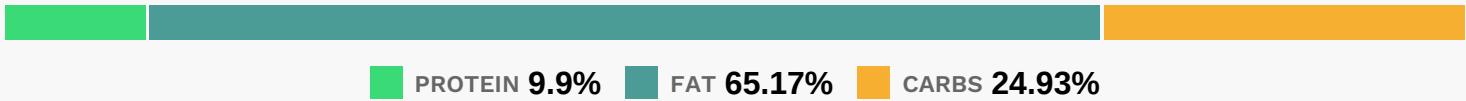
Equipment

- ☐ food processor
- ☐ baking pan
- ☐ colander

Directions

- ☐ Pour a kettle of boiling water over baby spinach in a colander. When cool enough to handle, squeeze out any water do this really well or your falafels will be too soft. Pulse in a food processor with drained chickpeas, feta, cumin and plain flour until just combined.
- ☐ Roll into tbsp-sized balls with wellfloured hands, then flatten into patties.
- ☐ Fry in batches in vegetable oil for 2-3 mins each side, then leave to cool.
- ☐ Place on a baking tray, cover with cling film and freeze. To serve, defrost in the fridge overnight and cook at 180C/160C fan/ gas 4 for 5-10 mins.
- ☐ Serve with tzatziki.

Nutrition Facts



Properties

Glycemic Index:5.98, Glycemic Load:2.4, Inflammation Score:-5, Nutrition Score:4.904347817535%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 104.49kcal (5.22%), Fat: 7.86g (12.1%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 5.93g (2.16%), Sugar: 1.04g (1.15%), Cholesterol: 7.97mg (2.66%), Sodium: 230.62mg (10.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.37%), Vitamin K: 37.43µg (35.64%), Vitamin A: 742.89IU (14.86%), Manganese: 0.2mg (9.85%), Calcium: 69.44mg (6.94%), Folate: 23.45µg (5.86%), Vitamin B6: 0.09mg (4.61%), Vitamin B2: 0.06mg (3.51%), Iron: 0.61mg (3.39%), Fiber: 0.84g (3.35%), Phosphorus: 29.43mg (2.94%), Selenium: 1.97µg (2.81%), Vitamin B1: 0.04mg (2.77%), Magnesium: 10.72mg (2.68%), Vitamin E: 0.38mg (2.51%), Vitamin C: 1.9mg (2.3%), Potassium: 64.42mg (1.84%), Copper: 0.04mg (1.8%), Zinc: 0.25mg (1.69%), Vitamin B3: 0.3mg (1.51%)