



Sweet Potato Falafel

 Vegetarian  Vegan  Gluten Free  Very Healthy

READY IN



50 min.

SERVINGS



5

CALORIES



238 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.1 teaspoon ground pepper to taste ()
- 1 cup bob's mill garbanzo bean flour
- 1 clove garlic pressed
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 0.5 tablespoon ground flaxseed hot
- 1 juice of lemon

- 4 teaspoons catsup
- 2 teaspoons juice of lemon
- 0.3 cup parsley minced
- 1 pinch bell pepper red
- 0.3 teaspoon salt
- 0.5 cup vanilla-flavored soy yogurt
- 2 medium sweet potatoes and into (18 ounces, total)
- 2 tablespoons tahini
- 2 tablespoons water

Equipment

- bowl
- baking sheet
- paper towels
- baking paper
- oven
- microwave

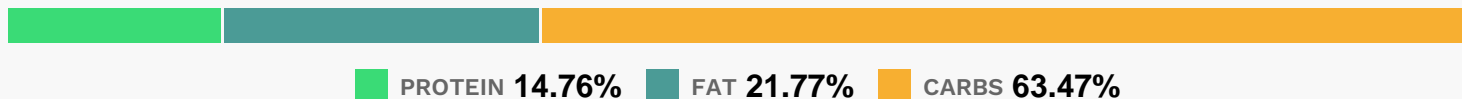
Directions

- Mix the flax seeds with two tablespoons hot water and set aside to thicken. Pierce sweet potatoes several times with a fork and place on paper towels in microwave. Microwave on high for 2 minutes, turn over, and then cook for another 2 minutes. Check for tenderness, and if not cooked all the way through, cook in increments of 30 seconds until tender. Set aside to cool until easy to handle; peel and place in a large bowl. Preheat oven to 400F. Mash sweet potatoes well with a masher or a fork.
- Add the flax mixture, seasonings (including parsley), and lemon juice and stir well.
- Mix the chickpea flour with the baking powder and add it a little at a time to the sweet potato mixture. Stir until well-combined. Batter should be stiff; if not, add chickpea flour a tablespoon at a time until batter is thick. (If the batter is too stiff to blend in all the flour, add water a tablespoon at a time.) Oil a baking sheet or line it with parchment paper or silicone baking mat. Use a cookie scoop or rounded tablespoon to make about 20-22 little mounds of

dough on the baking sheet (dipping the scoop in water every now and then will help prevent the dough from sticking to it). Flatten the balls to about 1/2-inch thick and 1 1/2-inches wide.

- Sprinkle with sesame seeds, if desired.
- Bake for 20–25 minutes, until bottoms are medium brown.
- Serve hot with yogurt–tahini sauce. These keep well and can be reheated briefly in the microwave.

Nutrition Facts



Properties

Glycemic Index:74.8, Glycemic Load:16.07, Inflammation Score:-10, Nutrition Score:19.630434564922%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 238.45kcal (11.92%), Fat: 5.91g (9.09%), Saturated Fat: 0.73g (4.59%), Carbohydrates: 38.74g (12.91%), Net Carbohydrates: 32.29g (11.74%), Sugar: 8.71g (9.68%), Cholesterol: 0mg (0%), Sodium: 269.1mg (11.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.01g (18.02%), Vitamin A: 13149.91IU (263%), Vitamin K: 53.26µg (50.73%), Manganese: 0.7mg (34.89%), Folate: 128.08µg (32.02%), Fiber: 6.45g (25.81%), Copper: 0.49mg (24.38%), Vitamin B1: 0.31mg (20.49%), Magnesium: 79.37mg (19.84%), Phosphorus: 191.27mg (19.13%), Potassium: 605.4mg (17.3%), Vitamin B6: 0.34mg (17.24%), Iron: 2.95mg (16.39%), Vitamin C: 13.38mg (16.22%), Calcium: 121.4mg (12.14%), Zinc: 1.38mg (9.21%), Vitamin B5: 0.9mg (9.04%), Selenium: 5.16µg (7.37%), Vitamin B3: 1.45mg (7.27%), Vitamin B2: 0.11mg (6.23%), Vitamin E: 0.57mg (3.83%), Vitamin D: 0.3µg (1.97%)