



## Vegan Falafel Wraps with Dairy-Free “Yogurt” Sauce

 Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.3 cup bulgur wheat gluten free for option (or buckwheat groats )
- ☐ 2.3 cups chickpeas cooked
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 tablespoon coconut oil
- ☐ 1 cucumber sliced
- ☐ 1 cup so delicious dairy free cultured coconut milk unsweetened
- ☐ 4 pieces flat parsely gluten free for option (or tortillas )

- ☐ 1 tablespoon flax seed meal
- ☐ 4 cloves garlic
- ☐ 1 garlic clove
- ☐ 0.5 teaspoon ground coriander
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 cup kalamata olives sliced
- ☐ 2 tablespoons squeezed lemon juice fresh
- ☐ 0.3 cup onion chopped
- ☐ 0.3 cup parsley chopped
- ☐ 1 tablespoon parsley chopped
- ☐ 0.5 onion red sliced
- ☐ 4 pieces the of 1 cos lettuce green
- ☐ 0.5 teaspoon salt
- ☐ 5 servings salt to taste
- ☐ 2 tomatoes sliced
- ☐ 3 tablespoons warm water

## Equipment

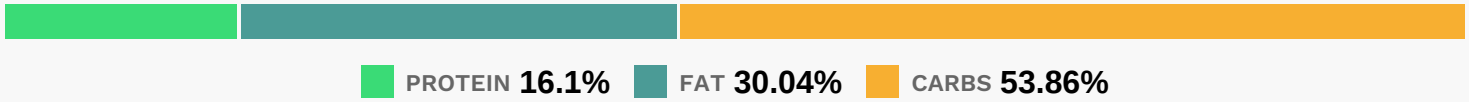
- ☐ food processor
- ☐ frying pan
- ☐ blender

## Directions

- ☐ Combine the cultured coconut milk, lemon juice, garlic, parsley, and salt in a food processor or high speed blender. Process until smooth. Prepare flax egg by pouring the warm water over the flax seed meal, and let sit for 10 minutes.
- ☐ Combine chickpeas, garlic, bulgur, parsley, cilantro, onion, spices, salt, lemon juice, and flax egg in a food processor. Process 1–2 minutes, or until a smooth consistency is reached. Its okay if its still a little chunky. Divide chickpea mixture into 8–10 portions and form into patties.

- ☐ Heat a frying pan over medium heat, add coconut oil, and cook falafels for 5 minutes on each side.
- ☐ Drizzle some yogurt sauce in the middle of a piece of flatbread.
- ☐ Layer lettuce, falafels, tomatoes, cucumber, onion, and olives. Wraps are best if served with warm falafels.

Nutrition Facts



Properties

Glycemic Index:85.63, Glycemic Load:7.56, Inflammation Score:-8, Nutrition Score:21.645217594893%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 8.19mg, Apigenin: 8.19mg, Apigenin: 8.19mg, Apigenin: 8.19mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 253.88kcal (12.69%), Fat: 8.89g (13.67%), Saturated Fat: 3g (18.75%), Carbohydrates: 35.86g (11.95%), Net Carbohydrates: 26.06g (9.48%), Sugar: 8.17g (9.08%), Cholesterol: 0mg (0%), Sodium: 681.25mg (29.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.43%), Vitamin K: 77.35µg (73.66%), Manganese: 1.22mg (61.13%), Folate: 174.16µg (43.54%), Fiber: 9.8g (39.21%), Vitamin C: 23.28mg (28.22%), Copper: 0.48mg (24.07%), Vitamin A: 1164.6IU (23.29%), Iron: 3.74mg (20.79%), Phosphorus: 196.91mg (19.69%), Vitamin B6: 0.39mg (19.55%), Magnesium: 74.94mg (18.74%), Potassium: 615.66mg (17.59%), Vitamin E: 2.34mg (15.62%), Calcium: 152.99mg (15.3%), Vitamin B1: 0.22mg (14.65%), Vitamin B3: 2.83mg (14.17%), Zinc: 1.79mg (11.94%), Vitamin B2: 0.19mg (11.42%), Vitamin B12: 0.51µg (8.5%), Selenium: 5.15µg (7.36%), Vitamin B5: 0.56mg (5.62%), Vitamin D: 0.57µg (3.78%)