

Vegan-Friendly Falafel



Vegetarian



Vegan



Dairy Free

READY IN

ready

145 min.

SERVINGS

servings

30

CALORIES

calories

65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 2 cups canola oil
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 pound garbanzo beans dry
- ☐ 4 cloves garlic minced
- ☐ 1 teaspoon ground coriander

- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 onion quartered
- ☐ 1 potatoes peeled quartered
- ☐ 2 teaspoons salt

Equipment

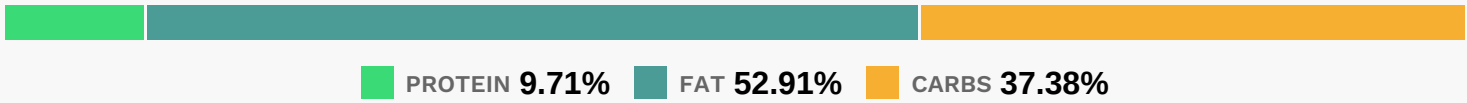
- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ mixing bowl
- ☐ pot
- ☐ wok

Directions

- ☐ Rinse the garbanzo beans under cold water and discard any bad ones.
- ☐ Place in a large pot, and cover with water.
- ☐ Let soak 24 hours, and rinse again.
- ☐ Place the garbanzo beans, onion, and potato in the bowl of a food processor. Cover, and process until finely chopped. Leaving about 1 cup of the garbanzo bean mixture in the food processor bowl, pour the rest into a mixing bowl.
- ☐ Add the garlic, cilantro, coriander, cumin, salt, pepper, and cayenne pepper to the garbanzo bean mixture in the food processor bowl; process on low to blend thoroughly. Return the reserved garbanzo bean mixture to the food processor bowl, and add the lemon juice, olive oil, and flour; process on low into a coarse meal. Cover, and refrigerate 2 hours.
- ☐ Stir the baking soda into the garbanzo bean mixture until evenly blended. Using damp hands, form the mixture into 1 1/2 inch diameter balls.

- ☐
- Pour the canola oil into a wok 1 to 2 inches deep, and heat over medium-high heat. Cook the falafel balls, turning so all sides are evenly browned, about 5 minutes.
- ☐
- Remove falafel from oil, and drain on paper towels. Repeat to cook remaining falafel balls.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:1.94, Inflammation Score:-2, Nutrition Score:2.6191304300142%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 64.54kcal (3.23%), Fat: 3.9g (5.99%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 4.75g (1.73%), Sugar: 0.96g (1.06%), Cholesterol: 0mg (0%), Sodium: 229.98mg (10%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Manganese: 0.19mg (9.49%), Folate: 28.59µg (7.15%), Fiber: 1.44g (5.77%), Vitamin E: 0.66mg (4.43%), Vitamin K: 4.08µg (3.89%), Copper: 0.07mg (3.32%), Iron: 0.59mg (3.27%), Phosphorus: 32.3mg (3.23%), Vitamin C: 2.24mg (2.71%), Vitamin B6: 0.05mg (2.66%), Magnesium: 10.08mg (2.52%), Potassium: 86.03mg (2.46%), Vitamin B1: 0.03mg (1.91%), Zinc: 0.27mg (1.83%), Calcium: 11.46mg (1.15%), Selenium: 0.77µg (1.1%)