



Waffled Falafel



Vegetarian



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 15 ounce chickpeas rinsed canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 large egg whites
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic halved

- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 4 servings hot sauce for serving
- ☐ 0.3 cup water with water store-bought
- ☐ 1 teaspoon kosher salt
- ☐ 4 servings lettuce sliced chopped for topping
- ☐ 4 pita breads halved
- ☐ 0.3 cup vegetable oil plus more for brushing waffle iron

Equipment

- ☐ food processor
- ☐ oven
- ☐ aluminum foil
- ☐ waffle iron

Directions

- ☐ Special equipment: Waffle iron (preferably for thin waffles)
- ☐ Preheat the oven to 200 degrees F (to keep cooked waffles warm).
- ☐ Combine the oil, cilantro, flour, parsley, baking powder, cumin, salt, coriander, cayenne, egg whites, garlic and chickpeas in a food processor and pulse until smooth.
- ☐ Lightly brush the top and bottom of the waffle iron with oil. Fill the waffle iron about three-quarters of the way full (some waffle iron should still be showing). Close the lid gently and cook until the falafel is golden brown and firm in the center, 6 to 10 minutes. Keep the cooked falafels warm in the oven or covered with foil on a plate while you make the remaining falafels.
- ☐ To build the sandwiches, stuff each pita half with a falafel.
- ☐ Add your choice of toppings, drizzle with the hummus and sprinkle with a few dashes of hot sauce.

Nutrition Facts



 PROTEIN **12.05%**  FAT **43.61%**  CARBS **44.34%**

Properties

Glycemic Index:114.71, Glycemic Load:35.76, Inflammation Score:-5, Nutrition Score:16.870000200427%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 464.01kcal (23.2%), Fat: 22.76g (35.02%), Saturated Fat: 3.36g (20.99%), Carbohydrates: 52.06g (17.35%), Net Carbohydrates: 44.83g (16.3%), Sugar: 0.2g (0.22%), Cholesterol: 3.73mg (1.24%), Sodium: 1375.13mg (59.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.15g (28.29%), Manganese: 1.34mg (67.01%), Vitamin K: 67µg (63.81%), Vitamin B6: 0.58mg (29.12%), Fiber: 7.23g (28.92%), Phosphorus: 204.03mg (20.4%), Iron: 3.32mg (18.45%), Copper: 0.36mg (18.14%), Vitamin B1: 0.25mg (16.73%), Calcium: 164.78mg (16.48%), Folate: 64.14µg (16.03%), Magnesium: 61.48mg (15.37%), Selenium: 7.73µg (11.04%), Vitamin B2: 0.18mg (10.81%), Zinc: 1.61mg (10.72%), Vitamin E: 1.57mg (10.49%), Potassium: 320.74mg (9.16%), Vitamin B3: 1.74mg (8.72%), Vitamin B5: 0.64mg (6.4%), Vitamin A: 266.39IU (5.33%), Vitamin C: 3.55mg (4.3%)