



Yam Falafels

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup bulgar wheat
- 2 tbsp bob's mill garbanzo bean flour
- 1 tsp coriander
- 1 tsp cumin
- 0.5 tsp parsley flakes dried
- 2 tbsp plant-based milk
- 1 tbsp onion powder
- 3 tbsp parsley fresh italian

- 0.3 tsp salt
- 1 garlic clove whole
- 3 tbsp bread crumbs whole wheat
- 1 large yam whole (large)

Equipment

- food processor
- baking sheet
- baking paper
- oven
- pot
- potato masher
- aluminum foil

Directions

- Preheat oven to 350 F. Grease a cookie sheet or line with parchment paper and set aside.
 - Add bulgar with 3/4 cup of water in a pot without heat and set aside to soak. Meanwhile, cook yam until fork tender by steaming, microwaving or boiling (peeling skin away is optional). Using hand beaters or a potato masher, blend cooked yam with non-dairy milk until the consistency is like mashed potatoes and set aside. Return to bulgar, which should have absorbed some of the water. Bring the pot to a boil and once boiling reduce to low heat and simmer. Continue to cook, uncovered, until all the water is gone, stirring frequently to prevent burning. Meanwhile toss garlic, parsley, onion powder, cumin, coriander, chickpea flour, bread crumbs and salt in a food processor. Allow the motor run until it's very crumbly and spice-like.
 - Mix spice mixture with yam mixture until well combined. Then add in cooked bulgar. Drop tablespoon-sized portion on to the cookie sheet and spray with cooking spray. Lightly cover with foil and bake 20 minutes. Flip the balls, respray and then bake another 20 minutes, or until the outsides are crispy. While the falafel balls are baking, make cilantro-yogurt sauce. Stuff warm whole-wheat pitas with falafel balls, chopped lettuce and the "yogurt" sauce.
- Nutritional Information
- Amount Per Serving

- Calories
- Fat
- 20g
- Carbohydrate
- 80g Dietary Fiber 0.60g Sugars 0.70g Protein 0.80g

Nutrition Facts



Properties

Glycemic Index:12.57, Glycemic Load:3.51, Inflammation Score:-1, Nutrition Score:2.5686956728282%

Flavonoids

Apigenin: 1.49mg, Apigenin: 1.49mg, Apigenin: 1.49mg, Apigenin: 1.49mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 41.46kcal (2.07%), Fat: 0.3g (0.46%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 9.17g (3.06%), Net Carbohydrates: 7.83g (2.85%), Sugar: 0.28g (0.32%), Cholesterol: 0.15mg (0.05%), Sodium: 34.06mg (1.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.23%), Vitamin K: 8.43µg (8.02%), Manganese: 0.14mg (6.8%), Fiber: 1.34g (5.35%), Potassium: 174.01mg (4.97%), Vitamin C: 4mg (4.85%), Copper: 0.08mg (3.97%), Magnesium: 13.99mg (3.5%), Vitamin B6: 0.07mg (3.35%), Phosphorus: 27.02mg (2.7%), Folate: 8.76µg (2.19%), Iron: 0.39mg (2.17%), Vitamin B1: 0.03mg (1.96%), Vitamin B3: 0.37mg (1.85%), Vitamin B2: 0.02mg (1.44%), Vitamin A: 68IU (1.36%), Zinc: 0.17mg (1.15%), Vitamin B5: 0.11mg (1.12%)