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## Falafel •

Falafel is a popular Middle Eastern dish made from ground chickpeas or fava beans, mixed with herbs and spices, and deep-fried into crispy balls or patties. It is commonly consumed as a street food or served in pita bread with various toppings and sauces.

**Recipe Type:** Vegetarian

**Prep Time:** 30 mins

**Cook Time:** 15 mins

**Total Time:** 45 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 4

**Serving Size:** 100 g

### Ingredients

250 g	Chickpeas
100 g	onion
2 cloves	garlic
20 g	Parsley
20 g	Cilantro

<b>1 tsp</b>	cumin
<b>1 tsp</b>	coriander
<b>0.5 tsp</b>	baking soda
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper
<b>1 c</b>	vegetable oil
<b>0.5 c</b>	tahini sauce
<b>4 pieces</b>	pita bread
<b>2 pieces</b>	Tomatoes
<b>1 pieces</b>	cucumber
<b>4 leaves</b>	lettuce

## Directions

### Step 1

Soak the chickpeas in water overnight.

**Prep Time:** 127 mins

**Cook Time:** 0 mins

### Step 2

Drain and rinse the chickpeas.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Blending

In a food processor, blend the chickpeas, onion, garlic, parsley, cilantro, cumin, coriander, baking soda, salt, and black pepper until well combined.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 4

Shaping

Shape the mixture into small balls or patties.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 5

Frying

Heat vegetable oil in a frying pan over medium heat.

**Prep Time:** 2 mins

**Cook Time:** 10 mins

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## Step 6

Frying

Fry the falafel balls or patties until golden brown on all sides.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 7

Serving

Serve the falafel in pita bread with tahini sauce, tomatoes, cucumber, and lettuce.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 333 kcal

**Fat:** 21 g

**Protein:** 7 g

**Carbohydrates:** 30 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	6 g	15.79%	24%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	21 g	75%	84%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	586 mg	25.48%	25.48%
Calcium	6 mg	0.6%	0.6%
Iron	12 mg	150%	66.67%
Potassium	305 mg	8.97%	11.73%
Zinc	1 mg	9.09%	12.5%
Selenium	3 mcg	5.45%	5.45%

## Recipe Attributes

### Seasonality

Fall

## Meal Type

Breakfast Brunch Snack Supper

## Course

Sauces & Dressings

## Cultural

Chinese New Year Cinco de Mayo Oktoberfest St. Patrick's Day Easter

## Cost

\$10 to \$20 \$40 to \$50

## Demographics

Teen Friendly Diabetic Friendly Heart Healthy

## Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

## Difficulty Level

Medium

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