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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

1 tsp	cumin
1 tsp	coriander
0.5 tsp	baking soda
1 tsp	salt
0.5 tsp	black pepper
1 c	vegetable oil
0.5 с	tahini sauce
4 pieces	pita bread
2 pieces	Tomatoes
1 pieces	cucumber
4 leaves	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

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

Step 4

Shaping

Shape the mixture into small balls or patties.

Prep Time: 10 mins

Cook Time: 0 mins

Step 5



Heat vegetable oil in a frying pan over medium heat.

Prep Time: 2 mins

Cook Time: 10 mins

Step 6



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

Prep Time: 0 mins

Cook Time: 10 mins

Step 7

Serving

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

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

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%

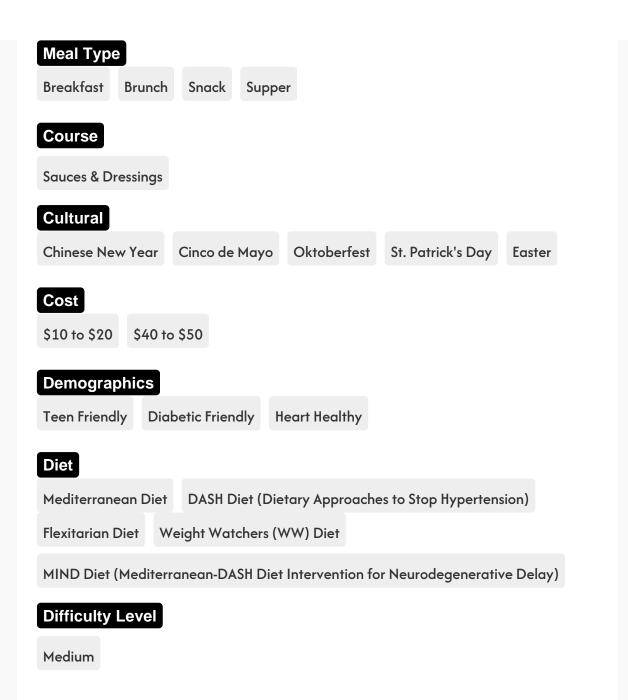
Minerals

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



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