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Baked Falafel Burgers [♦]

Baked Falafel Burgers are a vegan dish inspired by Middle Eastern cuisine. These burgers are made from a mixture of chickpeas, herbs, and spices, and are baked until crispy on the outside and tender on the inside. They are typically served in a bun with lettuce, tomato, and tahini sauce. This recipe is a healthier alternative to traditional fried falafel, as it is baked instead of fried.

Recipe Type: Vegan

Prep Time: 20 mins

Cook Time: 25 mins

Total Time: 45 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

400 g	canned chickpeas
50 g	fresh parsley
50 g	fresh cilantro
50 g	red onion

10 g	garlic cloves
5 g	ground cumin
5 g	ground coriander
5 g	baking powder
5 g	salt
2 g	black pepper
30 ml	olive oil
200 g	whole wheat burger buns
50 g	lettuce
50 g	Tomato
50 g	tahini sauce

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

In a food processor, combine the chickpeas, parsley, cilantro, red onion, garlic cloves, ground cumin, ground coriander, baking powder, salt, and black pepper. Pulse until well combined but still slightly chunky.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Shaping

Shape the mixture into 4 patties and place them on a baking sheet lined with parchment paper. Brush both sides of the patties with olive oil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

Bake the patties in the preheated oven for 20-25 minutes, flipping once halfway through, until golden brown and crispy.

Prep Time: 0 mins

Cook Time: 25 mins

Step 5

Toasting

Toast the burger buns in a toaster or under the broiler until lightly browned.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Assembling

Assemble the burgers by placing a falafel patty on the bottom half of each bun. Top with lettuce, tomato, and a drizzle of tahini sauce. Place the top half of the bun on top.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 11 g

Protein: 10 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	8 g	21.05%	32%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	11 g	39.29%	44%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Cuisines

Middle Eastern

Italian

American

Thai

Kitchen Tools

Slow Cooker

Blender

Microwave

Course

Sauces & Dressings

Drinks

Salads

Snacks

Breads

Side Dishes

Appetizers

Main Dishes

Diet

Anti-Inflammatory Diet

OMAD (One Meal a Day) Diet

Raw Food Diet

Vegetarian Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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