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Baked Herb & Pistachio Falafel ♦

Baked Herb & Pistachio Falafel is a vegan recipe that originated in the Middle East. It is made with a mixture of chickpeas, herbs, and pistachios, which are formed into small patties and baked until crispy. This dish is commonly consumed as a main course or as a filling for sandwiches or wraps.

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
2 g	garlic cloves
50 g	Pistachios

1 tsp	ground cumin
1 tsp	ground coriander
1 tsp	baking powder
1 tsp	salt
0.5 tsp	black pepper
2 tbsp	olive oil
2 tbsp	lemon juice
2 tbsp	tahini
2 tbsp	water

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

In a food processor, combine the chickpeas, parsley, cilantro, garlic cloves, pistachios, cumin, 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

Cut

Form the mixture into small patties and place them on a baking sheet lined with parchment paper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

Drizzle the patties with olive oil and bake for 20-25 minutes, or until golden brown and crispy.

Prep Time: 0 mins

Cook Time: 25 mins

Step 5

Mixing

In a small bowl, whisk together the lemon juice, tahini, and water to make a sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Serving

Serve the baked falafel with the sauce and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 270 kcal

Fat: 13 g

Protein: 10 g

Carbohydrates: 29 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	29 g	52.73%	58%
Fibers	8 g	21.05%	32%
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	6 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	13 g	46.43%	52%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	430 mg	18.7%	18.7%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	320 mg	9.41%	12.31%
Zinc	1 mg	9.09%	12.5%
Selenium	9 mcg	16.36%	16.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker Blender Mixer Oven Stove Microwave Grill
 Pressure Cooker Air Fryer Food Processor

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
 Sugar-Free High Vitamin C High Iron High Calcium

Cuisines

Italian

Middle Eastern

Diet

Anti-Inflammatory 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)

Volumetrics Diet

Paleo Diet

The Whole30 Diet

Atkins Diet

Ketogenic Diet

Low Carb, High Fat (LCHF) Diet

South Beach Diet

Zone Diet

Ornish Diet

Nutrisystem Diet

TLC Diet (Therapeutic Lifestyle Changes)

Nordic Diet

Okinawa Diet

Alkaline Diet

Macrobiotic Diet

Intermittent Fasting

5:2 Diet

16:8 Diet

Warrior Diet

OMAD (One Meal a Day) Diet

Body for Life Diet

Low FODMAP Diet

Slow Carb Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Engine 2 Diet

Blood Type Diet

Ayurvedic Diet

Traditional Chinese Medicine (TCM) Diet

The Acid Reflux Diet

Gluten-Free Diet

Low Glycemic Index Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The 80/10/10 Diet

The Gerson Therapy

The Swiss Secret Diet

The Scarsdale Diet

The Cabbage Soup Diet

The Hallelujah Diet

The Mayo Clinic Diet

The Beverly Hills Diet

The Hollywood Diet

The Lemonade Diet

The Grapefruit Diet

The Rice Diet

The Sleeping Beauty Diet

The Baby Food Diet

The 3-Hour Diet

The French Women Don't Get Fat Diet

The Cookie Diet

The F-Plan Diet

The Israeli Army Diet

The Air Diet

The Breatharian Diet

The Werewolf Diet

The Five-Bite Diet

The Negative Calorie Diet

The Ice Cream Diet

The Master Cleanse Diet

The Subway Diet

The SlimFast Diet

The Cambridge Diet

The Shangri-La Diet

The Best Life Diet The 3-Day Diet The CICO (Calories In, Calories Out) Diet
The Eat-Clean Diet The Peanut Butter Diet The Bulletproof Diet
The Carnivore Diet The Dukan Diet The HCG Diet The Optavia Diet
The Pritikin Diet The Starch Solution Diet The Vertical Diet The GOLO Diet
The Gut and Psychology Syndrome (GAPS) Diet
The Specific Carbohydrate Diet (SCD) The Anti-Candida Diet The Dr. Sebi Diet
The Crohn's Disease Diet The Ulcerative Colitis Diet The Low-Residue Diet
The BRAT Diet (Bananas, Rice, Applesauce, Toast)
The GERD Diet (Gastroesophageal Reflux Disease)
The PCOS (Polycystic Ovary Syndrome) Diet
The SIBO (Small Intestinal Bacterial Overgrowth) Diet
The Histamine Intolerance Diet The IBS (Irritable Bowel Syndrome) Diet
The Salicylate Sensitivity Diet The Low Oxalate Diet The Diabetes Diet
The Hypothyroidism Diet The Hyperthyroidism Diet
The Epilepsy Diet (Modified Atkins Diet for Seizures) The Parkinson's Disease Diet
The Multiple Sclerosis (MS) Diet The Fibromyalgia Diet
The Chronic Fatigue Syndrome Diet The Arthritis Diet The Osteoporosis Diet
The Heart-Healthy Diet The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet
The Low Purine Diet The High-Fiber Diet The Low-Fat Diet
The High-Protein Diet The Low-Protein Diet The High-Calcium Diet
The High-Potassium Diet The Low-Potassium Diet The High-Iron Diet
The Low-Iron Diet The Low-Phosphorus Diet The High-Vitamin D Diet
The High-Vitamin C Diet The High-Vitamin K Diet The Low-Vitamin K Diet
The Low-Copper Diet The Spring Detox Diet The Summer Weight Loss Diet
The Fall Immunity-Boosting Diet The Winter Warming Diet The Low-Sulfur Diet
The High-Sulfur Diet The Eczema Diet The Psoriasis Diet The Rosacea Diet
The Acne Diet The Migraine Diet The Celiac Disease Diet
The Gallbladder Diet The Kidney Stone Diet The Anti-Anxiety Diet

The Depression Diet The Adrenal Fatigue Diet The Endometriosis Diet
The Hashimoto's Disease Diet The Lyme Disease Diet The Diverticulitis Diet
The Restless Leg Syndrome Diet The Tinnitus Diet The Interstitial Cystitis Diet
The Gastroparesis Diet The Menopause Diet The Post-Pregnancy Diet
The Fertility Diet The Breastfeeding Diet The Low-Nickel Diet
The Chronic Urticaria Diet The Dysphagia Diet
The Chronic Kidney Disease (CKD) Diet The Raynaud's Disease Diet
The Sjögren's Syndrome Diet The Low Tyramine Diet The Lactose-Free Diet
The Fructose Malabsorption Diet The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet
The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet
The Sarcoidosis Diet The Leaky Gut Syndrome Diet The Behçet's Disease Diet
The Graves' Disease Diet The Addison's Disease Diet
The Cushing's Syndrome Diet The Ankylosing Spondylitis Diet The Lupus Diet

The Myasthenia Gravis Diet
The POTS (Postural Orthostatic Tachycardia Syndrome) Diet
The Eosinophilic Esophagitis (EoE) Diet
The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet
The Sinusitis Diet The Bronchiectasis Diet The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet
The ADHD Diet (Attention Deficit Hyperactivity Disorder) The Autism Diet
The Bipolar Disorder Diet The Schizophrenia Diet
The Post-Traumatic Stress Disorder (PTSD) Diet Blood Type O Diet
Blood Type A Diet Blood Type B Diet Blood Type AB Diet

Course

Salads Snacks Appetizers Main Dishes Side Dishes Desserts Drinks
Breads Soups Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Cooking Method

Grilling

Baking

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Heating

Refrigerating

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

Meal Type

Brunch

Supper

Difficulty Level

Medium

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