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Falafel •

Falafel is a Middle Eastern dish made from ground chickpeas or fava beans, mixed with herbs and spices. It is typically shaped into small patties or balls and deep-fried until crispy. Falafel is often served in pita bread with tahini sauce, hummus, and a variety of vegetables.

Recipe Type: Vegan

Prep Time: 20 mins

Cook Time: 10 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Chickpeas
100 g	onion
2 cloves	garlic
30 g	Parsley

30 g	Cilantro
2 tsp	cumin
2 tsp	coriander
1 tsp	salt
1 tsp	baking powder
50 g	flour
250 ml	vegetable oil

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, combine the chickpeas, onion, garlic, parsley, cilantro, cumin, coriander, salt, and baking powder. Process until well combined.

Prep Time: 10 mins

Cook Time: 0 mins

Step 4

Mixing

Transfer the mixture to a bowl and stir in the flour. Let the mixture rest for 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 5

Shaping

Shape the mixture into small patties or balls.

Prep Time: 10 mins

Cook Time: 0 mins

Step 6

Frying

Heat vegetable oil in a frying pan over medium heat. Fry the falafel until golden brown and crispy, about 4-5 minutes per side.

Prep Time: 5 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 330 kcal

Fat: 15 g

Protein: 15 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	10 g	26.32%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	8 iu	0.89%	1.14%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	8 mg	0.8%	0.8%
Iron	20 mg	250%	111.11%
Potassium	450 mg	13.24%	17.31%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Cuisines

Middle Eastern Italian Mediterranean Greek

Course

Snacks

Cultural

Chinese New Year

Nutritional Content

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

Kitchen Tools

Blender Mixer Oven

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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