

# Falafel

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yemisi-recipe>

## Ingredients:

- 15 ounces chickpeas rinsed and drained,, 1 can
- 1 cup fresh parsley leaves tightly-packed
- 1 cup cilantro leaves fresh
- 3 cloves garlic minced
- 1 medium onion diced, red or yellow
- 1/4 cup all purpose flour
- 1 tablespoon lemon juice freshly squeezed
- 1 teaspoon baking powder
- 1 1/2 teaspoons ground cumin
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 5 tablespoons vegetable oil
- pita bread
- lettuce chopped
- red onions sliced
- sliced tomatoes
- tzatziki sauce

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 45 grams
3. Fat: 19 grams
4. Fiber: 7 grams
5. Protein: 9 grams
6. SaturatedFat: 1 grams
7. Sodium: 1130 milligrams
8. Sugar: 3 grams
9. TransFat: 0.5 grams

Thank you for visiting our website. Hope you enjoy Falafel above. You can see more 20 greek yemisi recipe They're simply irresistible! to get more great cooking ideas.