

# Best Basic Falafel

Yield: 2 min  
Total Time: 28 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-socca-recipe>

## Ingredients:

- 1/2 cup plain greek yogurt
- 4 tablespoons fresh cilantro chopped and divided
- 1 tablespoon tahini
- 2 tablespoons fresh lime juice divided
- 1/2 teaspoon fine grain sea salt divided
- 15 ounces chickpeas organic, rinsed and drained
- 6 green onions finely chopped
- 1 clove garlic finely minced
- 3 tablespoons sunflower oil divided
- 1 1/4 teaspoons ground coriander
- 1/2 teaspoon lime zest
- 1/2 teaspoon ground cumin
- 1/2 teaspoon crushed red pepper flakes
- 1 large egg lightly beaten
- whole wheat pita warmed
- tomato slices fresh
- fresh spinach

## Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 82 grams
3. Cholesterol: 115 milligrams
4. Fat: 32 grams
5. Fiber: 15 grams
6. Protein: 23 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1510 milligrams
9. Sugar: 6 grams

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