

Baked Falafel

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/middle-eastern-recipes>

Ingredients:

- 4 tablespoons olive oil
- 1 cup dried chickpeas rinsed, picked over and soaked for at least one hour and up to overnight
- 1/3 cup red onion chopped, about 1/4th of a medium red onion, chopped
- 1/2 cup fresh parsley leaves
- 1/2 cup cilantro leaves fresh
- 3 garlic cloves minced
- 1/4 teaspoon ground cumin
- 1/8 teaspoon ground cinnamon
- 1 teaspoon sea salt ground, or kosher salt
- 1/2 teaspoon ground black pepper freshly

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 33 grams
3. Fat: 17 grams
4. Fiber: 9 grams
5. Protein: 10 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 610 milligrams
8. Sugar: 6 grams

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