

Homemade Falafel Wrap

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-falafel-wrap-recipe>

Ingredients:

- 12 falafel homemade, patties or balls – pre-cooked and cooled
- 1 medium tomato – sliced
- 1/2 English cucumber sliced
- 1/4 red onion – julienne
- 4 pieces pita bread
- 1 cup tzatziki sauce
- 1 pinch salt
- 1 pinch cracked black pepper
- 1 tablespoon fresh parsley chopped
- 12 falafel each homemade, patties or balls pre-cooked and cooled
- 1 medium tomato sliced
- 1/2 whole English cucumber sliced
- 1/4 whole red onion julienne
- 4 pita breads each large
- 1 cup tzatziki sauce
- 1 pinch salt
- 1 pinch cracked black pepper
- 1 tablespoon fresh parsley chopped

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 72 grams
3. Fat: 20 grams
4. Fiber: 6 grams
5. Protein: 21 grams
6. SaturatedFat: 2 grams
7. Sodium: 770 milligrams
8. Sugar: 4 grams

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