

Basic Report 16138, Falafel, home-prepared

Report Date: September 21, 2019 18:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 patty (approx 2-1/4" dia) 17g
Proximates			
Water	g	34.62	5.89
Energy	kcal	333	57
Protein	g	13.31	2.26
Total lipid (fat)	g	17.80	3.03
Carbohydrate, by difference	g	31.84	5.41
Minerals			
Calcium, Ca	mg	54	9
Iron, Fe	mg	3.42	0.58
Magnesium, Mg	mg	82	14
Phosphorus, P	mg	192	33
Potassium, K	mg	585	99
Sodium, Na	mg	294	50
Zinc, Zn	mg	1.50	0.26
Vitamins			
Vitamin C, total ascorbic acid	mg	1.6	0.3
Thiamin	mg	0.146	0.025
Riboflavin	mg	0.166	0.028
Niacin	mg	1.044	0.177
Vitamin B-6	mg	0.125	0.021
Folate, DFE	µg	104	18
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	1	0
Vitamin A, IU	IU	13	2
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Lipids			

Nutrient	Unit	1 Value Per100 g	1 patty (approx 2-1/4" dia) 17g
Fatty acids, total saturated	g	2.383	0.405
Fatty acids, total monounsaturated	g	10.171	1.729
Fatty acids, total polyunsaturated	g	4.160	0.707
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other