

FALAFEL

Nutrition Facts

16 Servings

Amount Per Serving: 5 Falafel Balls

Calories	233.6
Total Fat	1.1 g
Saturated Fat	0.2 g
Polyunsaturated Fat	0.4 g
Monounsaturated Fat	0.2 g
Cholesterol	0.0 mg
Sodium	300.3 mg
Potassium	742.9 mg
Total Carbohydrate	40.5 g
Dietary Fiber	16.9 g
Sugars	3.8 g
Protein	17.5 g

Vitamin A	2.5 %
Vitamin B-12	0.0 %
Vitamin B-6	14.0 %
Vitamin C	4.6 %
Vitamin D	0.0 %
Vitamin E	0.6 %
Calcium	7.6 %
Copper	28.1 %
Folate	70.7 %
Iron	25.6 %
Magnesium	32.3 %
Manganese	56.0 %
Niacin	9.7 %
Pantothenic Acid	6.8 %
Phosphorus	28.5 %
Riboflavin	13.5 %
Selenium	8.0 %
Thiamin	25.1 %
Zinc	14.2 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.