



All-Star Veggie Burger

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

30 min.

SERVINGS

servings

8

CALORIES

calories

166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 tablespoons korean barbeque sauce
- ☐ 15.5 ounce garbanzo beans mashed drained canned
- ☐ 1 cup brown rice cooked
- ☐ 0.8 teaspoon sage dried
- ☐ 8 basil leaves fresh chopped
- ☐ 0.8 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup oat bran

- ☐ 0.3 cup cooking oats quick
- ☐ 0.5 teaspoon salt
- ☐ 14 ounce spicy tofu firm
- ☐ 2 teaspoons vegetable oil

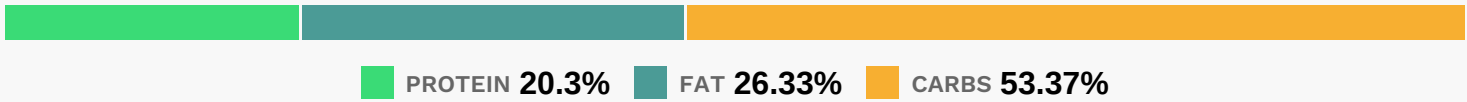
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large bowl, stir together the mashed garbanzo beans and basil.
- ☐ Mix in the oat bran, quick oats, and rice; the mixture should seem a little dry.
- ☐ In a separate bowl, mash the tofu with your hands, trying to squeeze out as much of the water as possible.
- ☐ Drain of the water, and repeat the process until there is hardly any water worth pouring off. It is not necessary to remove all of the water.
- ☐ Pour the barbeque sauce over the tofu, and stir to coat.
- ☐ Stir the tofu into the garbanzo beans and oats. Season with salt, pepper, garlic powder, and sage; mix until well blended.
- ☐ Heat the oil in a large skillet over medium-high heat. Form patties out of the bean mixture, and fry them in hot oil for about 5 minutes per side.
- ☐ Serve as you would burgers.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:6.92, Inflammation Score:-3, Nutrition Score:7.6652174196813%

Nutrients (% of daily need)

Calories: 166.06kcal (8.3%), Fat: 5.1g (7.84%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 23.25g (7.75%), Net Carbohydrates: 19.02g (6.92%), Sugar: 3.88g (4.31%), Cholesterol: 0mg (0%), Sodium: 413.36mg (17.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.68%), Manganese: 1.07mg (53.73%), Fiber: 4.23g (16.93%), Vitamin B6: 0.32mg (15.95%), Magnesium: 43.36mg (10.84%), Phosphorus: 105.62mg (10.56%), Iron: 1.84mg (10.2%), Calcium: 92.38mg (9.24%), Copper: 0.14mg (7.05%), Vitamin B1: 0.1mg (6.94%), Selenium: 3.87µg (5.53%), Zinc: 0.76mg (5.07%), Potassium: 160.35mg (4.58%), Folate: 18.14µg (4.53%), Vitamin K: 4.49µg (4.28%), Vitamin B5: 0.36mg (3.56%), Vitamin B3: 0.52mg (2.62%), Vitamin B2: 0.03mg (1.74%), Vitamin E: 0.24mg (1.61%), Vitamin A: 55.08IU (1.1%)