



Asian Rice and Lentil Burgers

 Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



261 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup brown rice uncooked
- ☐ 2 oz lentils dried rinsed
- ☐ 1.5 cups water
- ☐ 2 tablespoons slivered almonds finely chopped
- ☐ 2 tablespoons breadcrumbs plain dry
- ☐ 2 tablespoons sauce
- ☐ 0.3 cup spring onion finely chopped
- ☐ 0.3 cup eggs fat-free

- ☐ 0.5 cup celery sliced
- ☐ 0.5 cup carrots peeled sliced
- ☐ 0.5 cup water
- ☐ 2 tablespoons sauce
- ☐ 1 serving rice hot chinese cooked

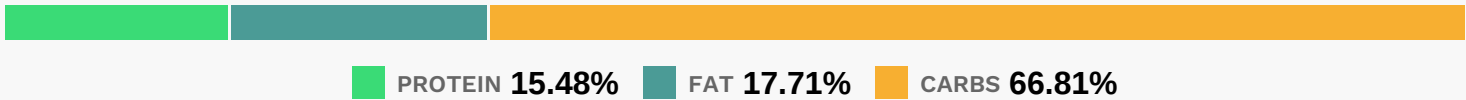
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, heat rice, lentils and 1 1/2 cups water to boiling. Reduce heat to low. Cover; simmer 30 to 40 minutes, stirring occasionally, until lentils are tender and water is absorbed. Cool slightly.
- ☐ In saucepan, mash rice mixture slightly with fork. Stir in remaining burger ingredients. Shape mixture into 4 patties, about 1/2 inch thick.
- ☐ Spray 10-inch skillet with cooking spray. Cook patties in skillet about 10 minutes, turning once, until golden brown.
- ☐ Remove from skillet; keep warm.
- ☐ In same skillet, mix sauce ingredients; heat to boiling. Reduce heat to medium; add burgers. Cover; cook 5 to 8 minutes until burgers are hot and vegetables are crisp-tender.
- ☐ Serve sauce and burgers over Chinese noodles.

Nutrition Facts



Properties

Glycemic Index:78.3, Glycemic Load:17.87, Inflammation Score:-9, Nutrition Score:17.196086904277%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 260.73kcal (13.04%), Fat: 5.13g (7.9%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 43.57g (14.52%), Net Carbohydrates: 36.7g (13.34%), Sugar: 5.42g (6.02%), Cholesterol: 56.5mg (18.83%), Sodium: 268.27mg (11.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.1g (20.19%), Manganese: 1.38mg (69.05%), Vitamin A: 2879.55IU (57.59%), Fiber: 6.87g (27.49%), Folate: 99.51µg (24.88%), Phosphorus: 208.43mg (20.84%), Vitamin B1: 0.31mg (20.47%), Magnesium: 76.84mg (19.21%), Vitamin K: 19.83µg (18.89%), Vitamin B6: 0.29mg (14.49%), Iron: 2.39mg (13.3%), Copper: 0.26mg (13.2%), Selenium: 8.89µg (12.7%), Vitamin B2: 0.21mg (12.4%), Zinc: 1.77mg (11.8%), Vitamin E: 1.69mg (11.3%), Vitamin B3: 2.23mg (11.13%), Vitamin B5: 1.1mg (10.98%), Potassium: 374.62mg (10.7%), Calcium: 67.23mg (6.72%), Vitamin C: 3.13mg (3.8%), Vitamin B12: 0.15µg (2.54%), Vitamin D: 0.3µg (2.03%)