



Asian Rice and Lentil Burgers

 Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



329 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup brown rice uncooked
- ☐ 0.5 cup carrots peeled sliced
- ☐ 0.5 cup celery sliced
- ☐ 4 servings rice hot chinese cooked
- ☐ 2 oz lentils dried rinsed
- ☐ 2 tablespoons breadcrumbs plain dry
- ☐ 2 tablespoons slivered almonds finely chopped
- ☐ 0.3 cup eggs fat-free

- ☐ 0.3 cup spring onion finely chopped
- ☐ 2 tablespoons sauce
- ☐ 0.5 cup water
- ☐ 1.5 cups water

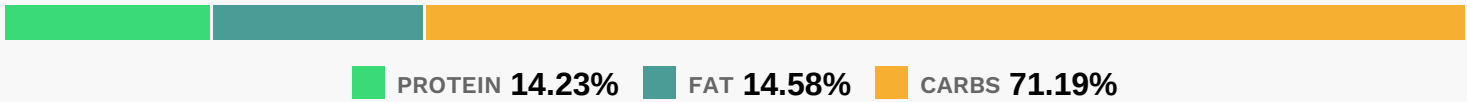
Equipment

- ☐ 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:35.8, Inflammation Score:-9, Nutrition Score:18.914782586305%

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: 328.61kcal (16.43%), Fat: 5.29g (8.14%), Saturated Fat: 0.95g (5.93%), Carbohydrates: 58.14g (19.38%), Net Carbohydrates: 51.03g (18.56%), Sugar: 3.72g (4.13%), Cholesterol: 56.5mg (18.83%), Sodium: 178.86mg (7.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.62g (23.24%), Manganese: 1.66mg (83.04%), Vitamin A: 2879.55IU (57.59%), Fiber: 7.11g (28.44%), Folate: 101.29µg (25.32%), Phosphorus: 233.91mg (23.39%), Vitamin B1: 0.32mg (21.26%), Magnesium: 83.95mg (20.99%), Selenium: 13.33µg (19.05%), Vitamin K: 19.83µg (18.89%), Vitamin B6: 0.34mg (17.24%), Copper: 0.3mg (15.24%), Iron: 2.51mg (13.96%), Zinc: 2.06mg (13.73%), Vitamin B5: 1.33mg (13.29%), Vitamin B2: 0.22mg (12.85%), Vitamin B3: 2.46mg (12.31%), Vitamin E: 1.72mg (11.46%), Potassium: 395.35mg (11.3%), Calcium: 73.16mg (7.32%), Vitamin C: 3.13mg (3.8%), Vitamin B12: 0.15µg (2.54%), Vitamin D: 0.3µg (2.03%)