



Beany burgers with basil tzatziki



Vegetarian



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



50 g pinenuts



425 g roman beans drained and rinsed canned



1 small onion red finely chopped



2 tbsp sun-dried tomato paste



85 g breadcrumbs fresh



1 tbsp thyme sprigs dried fresh



1 eggs beaten



4 servings unrefined sunflower oil for frying

- ☐ 4 servings basil (see separate recipe)
- ☐ 4 servings wholewheat pita breads

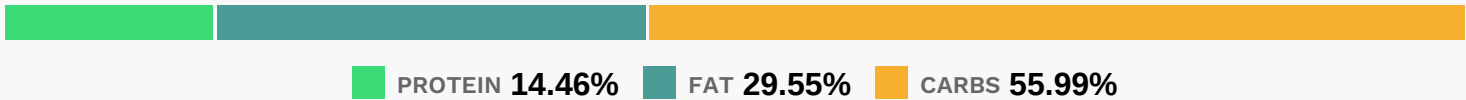
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ potato masher

Directions

- ☐ Place a frying pan over a medium heat and lightly toast the pine nuts for 2–3 mins or until golden.
- ☐ Remove from pan and set to one side.
- ☐ Put the borlotti beans into a large bowl and mash well with a potato masher or fork.
- ☐ Add the pine nuts, onion, tomato paste, half the breadcrumbs, the thyme and egg. Season to taste, then gently mix together until the ingredients are thoroughly combined.
- ☐ With slightly wet hands, shape the mixture into 4 burgers. Coat the outside of each burger with the remaining breadcrumbs. Cover and chill in the fridge for at least 30 mins.
- ☐ To cook the burgers: heat a thin layer of sunflower oil in a large frying pan and fry for 3–4 mins each side until golden.
- ☐ Drain on kitchen paper, then serve in warmed flatbreads, tortillas or pittas and spoon over the Basil tzatziki.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:29.73, Inflammation Score:-9, Nutrition Score:20.709565069364%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 482.41kcal (24.12%), Fat: 15.79g (24.29%), Saturated Fat: 1.68g (10.49%), Carbohydrates: 67.32g (22.44%), Net Carbohydrates: 57.23g (20.81%), Sugar: 2.98g (3.31%), Cholesterol: 40.92mg (13.64%), Sodium: 967.04mg (42.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.38g (34.76%), Manganese: 1.87mg (93.45%), Fiber: 10.09g (40.36%), Folate: 134.78µg (33.7%), Vitamin B1: 0.46mg (30.7%), Iron: 5.21mg (28.96%), Phosphorus: 285.36mg (28.54%), Copper: 0.5mg (25.01%), Magnesium: 97.22mg (24.31%), Vitamin B3: 3.78mg (18.92%), Zinc: 2.71mg (18.09%), Selenium: 12.26µg (17.51%), Vitamin E: 2.47mg (16.47%), Vitamin B2: 0.28mg (16.31%), Vitamin K: 16.73µg (15.94%), Potassium: 531.61mg (15.19%), Calcium: 148.29mg (14.83%), Vitamin A: 499.72IU (9.99%), Vitamin B6: 0.18mg (8.79%), Vitamin B5: 0.75mg (7.46%), Vitamin C: 6.15mg (7.45%), Vitamin B12: 0.17µg (2.87%), Vitamin D: 0.22µg (1.47%)