



Berkeley Veggie Burger

READY IN



42 min.

SERVINGS



6

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups arugula
- 0.3 teaspoon pepper black freshly ground
- 0.5 cup cheese blue crumbled
- 8.8 ounce precooked brown rice
- 2 tablespoons canola oil divided
- 2 teaspoons dijon mustard
- 1 large egg white
- 2 large eggs
- 3 tablespoons chives fresh minced

- 3 tablespoons horseradish fresh grated
- 3 cups golden beets grated cooked (3 medium)
- 0.4 teaspoon kosher salt divided
- 1 teaspoon juice of lemon fresh
- 0.3 cup canola mayonnaise
- 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- 9 ounce artisanal sandwich rolls
- 0.3 cup walnuts toasted chopped

Equipment

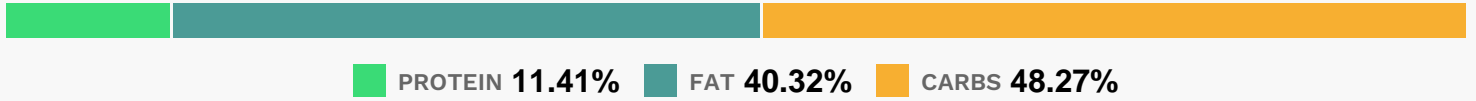
- frying pan
- baking sheet
- oven
- broiler

Directions

- Preheat broiler to high.
- Place rolls, cut sides up, on a baking sheet; coat with cooking spray. Broil 2 minutes or until toasted. Set aside.
- Reduce oven temperature to 400; place a baking sheet in oven.
- Combine beet and next 6 ingredients (through rice).
- Combine mustard, eggs, and egg white.
- Add 1/4 teaspoon salt and mustard mixture to beet mixture; stir well. Spoon about 2/3 cup rice mixture into a (4-inch) round biscuit cutter; pack mixture down.
- Remove mold; repeat 5 times to form 6 patties.
- Heat a large skillet over medium-high heat.
- Add 1 tablespoon oil; swirl to coat. Carefully add 3 patties to pan; cook 3 minutes. Carefully transfer patties to preheated baking sheet coated with cooking spray, turning patties over. Repeat procedure with remaining 1 tablespoon oil and 3 patties. Return baking sheet to oven; bake patties at 400 for 12 minutes.

- Combine mayonnaise, juice, cheese, and 1/8 teaspoon salt.
- Place bottom half of each roll on a plate. Divide mayonnaise mixture among roll bottoms; top each with 1 patty. Arrange 1/4 cup arugula on each patty; top with roll tops.

Nutrition Facts



Properties

Glycemic Index:60.13, Glycemic Load:20.97, Inflammation Score:-7, Nutrition Score:21.914347700451%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 534.26kcal (26.71%), Fat: 24.05g (37%), Saturated Fat: 5.01g (31.32%), Carbohydrates: 64.8g (21.6%), Net Carbohydrates: 59.7g (21.71%), Sugar: 6.11g (6.79%), Cholesterol: 74.36mg (24.79%), Sodium: 697.1mg (30.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.31g (30.63%), Manganese: 2.27mg (113.74%), Selenium: 26.92µg (38.46%), Folate: 152.06µg (38.02%), Vitamin B1: 0.47mg (31.22%), Phosphorus: 292.27mg (29.23%), Vitamin K: 28.45µg (27.1%), Magnesium: 107.55mg (26.89%), Vitamin B3: 4.28mg (21.42%), Vitamin B2: 0.36mg (21.39%), Fiber: 5.09g (20.38%), Iron: 3.52mg (19.56%), Copper: 0.38mg (18.78%), Vitamin B6: 0.37mg (18.33%), Calcium: 158.27mg (15.83%), Zinc: 2.3mg (15.34%), Vitamin B5: 1.47mg (14.66%), Potassium: 503.57mg (14.39%), Vitamin E: 1.61mg (10.75%), Vitamin A: 391.28IU (7.83%), Vitamin C: 5.37mg (6.51%), Vitamin B12: 0.31µg (5.22%), Vitamin D: 0.41µg (2.72%)