



Black-Eyed Pea Burgers

 Vegetarian  Dairy Free

READY IN



150 min.

SERVINGS



12

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb blackeyed peas dried black
- ☐ 0.5 tsp pepper black
- ☐ 4 carrots peeled chopped
- ☐ 0.3 tsp ground pepper
- ☐ 5 eggs
- ☐ 0.3 cup flat parsley chopped
- ☐ 12 servings purple gel food coloring
- ☐ 0.3 cup optional: dill fresh chopped

- ☐ 2 cloves garlic minced
- ☐ 12 servings olive oil for frying
- ☐ 1.5 cups panko bread crumbs (if needed)
- ☐ 1.8 tsp salt divided
- ☐ 0.3 cup shallots chopped
- ☐ 1 tbsp paprika smoked
- ☐ 3 tbsp tomato paste
- ☐ 0.5 tsp turmeric

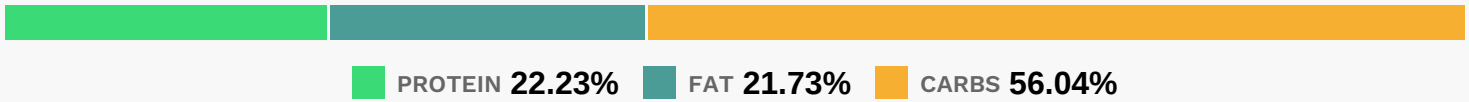
Equipment

- ☐ food processor

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Black-Eyed Pea Burgers
- ☐ Ingredients1 lb. dried black eyed peas1 3/4 tsp salt, divided4 shallots, chopped (about ¼ cup chopped)4 carrots, peeled and chopped3 tbsp tomato paste2 cloves garlic, minced1/3 cup flat leaf parsley, chopped1/3 cup fresh dill, chopped5 eggs1 tbsp smoked paprika1/2 tsp turmeric1/2 tsp black pepper1/4 tsp cayenne1 1/2 cups panko breadcrumbs (or more if needed)Grapeseed or olive oil for frying
- ☐ You will also need
- ☐ Food processor
- ☐ Total Time: 2 Hours 30 Minutes
- ☐ Servings: 12–13 patties
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:23.57, Glycemic Load:1.22, Inflammation Score:-10, Nutrition Score:20.894782532816%

Flavonoids

Apigenin: 3.6mg, Apigenin: 3.6mg, Apigenin: 3.6mg, Apigenin: 3.6mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 226.97kcal (11.35%), Fat: 5.61g (8.64%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 32.57g (10.86%), Net Carbohydrates: 26.98g (9.81%), Sugar: 5.07g (5.63%), Cholesterol: 68.2mg (22.73%), Sodium: 474.67mg (20.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.92g (25.83%), Vitamin A: 4120.57IU (82.41%), Folate: 266.81µg (66.7%), Manganese: 0.76mg (38.17%), Vitamin K: 35.29µg (33.61%), Vitamin B1: 0.43mg (28.44%), Iron: 4.44mg (24.65%), Phosphorus: 227.25mg (22.73%), Fiber: 5.58g (22.33%), Magnesium: 83.23mg (20.81%), Copper: 0.39mg (19.6%), Potassium: 620.87mg (17.74%), Selenium: 11.33µg (16.19%), Vitamin B2: 0.23mg (13.66%), Vitamin B6: 0.25mg (12.72%), Zinc: 1.78mg (11.87%), Vitamin B5: 0.99mg (9.94%), Vitamin B3: 1.74mg (8.71%), Vitamin E: 1.25mg (8.37%), Calcium: 83.63mg (8.36%), Vitamin C: 6.58mg (7.97%), Vitamin B12: 0.19µg (3.16%), Vitamin D: 0.37µg (2.44%)