



Bulgur Veggie Burgers with Lime Mayonnaise



Vegetarian



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



425 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup bulgur
- ☐ 1 cup pinto beans canned rinsed drained
- ☐ 0.3 teaspoon cayenne
- ☐ 0.5 cup cilantro sprigs packed
- ☐ 2 garlic cloves coarsely chopped
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.5 teaspoon juice of lime fresh
- ☐ 0.3 teaspoon lime zest grated

- ☐ 0.3 cup mayonnaise
- ☐ 4 slices multi-grain bread toasted
- ☐ 1 tablespoon olive oil plus additional for brushing
- ☐ 0.5 cup onion divided chopped
- ☐ 1.5 tablespoon soya sauce
- ☐ 2.5 ounces walnuts
- ☐ 1 cup water

Equipment

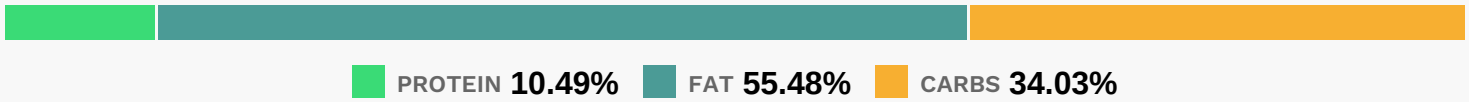
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ stove

Directions

- ☐ Cook half of onion with 1/4 teaspoon salt in oil in a small heavy saucepan over medium heat, stirring occasionally, until golden, 5 to 7 minutes.
- ☐ Add bulgur and water and cook, covered, over low heat until water is absorbed, 15 to 18 minutes.
- ☐ Transfer to a bowl and stir in beans and soy sauce.
- ☐ Pulse bulgur mixture, walnuts, garlic, cilantro, cumin, cayenne, a rounded 1/4 teaspoon salt, 1/2 teaspoon pepper, and remaining onion in a food processor until finely chopped.
- ☐ Form rounded 1/2 cups of mixture into 4 (3 1/2-inch-diameter) patties. Chill at least 10 minutes.
- ☐ While patties chill, stir together mayonnaise, zest, and juice.
- ☐ Prepare grill for direct-heat cooking over medium-hot charcoal (medium heat for gas). Put perforated grill sheet on grill and preheat 10 minutes.
- ☐ Brush patties all over with oil.

- ☐ Oil grill sheet, then grill burgers on grill sheet, covered only if using a gas grill, carefully turning once, until golden brown, about 8 minutes total.
- ☐ Serve burgers open-faced on toast with lime mayonnaise.
- ☐ ·Burgers can be cooked on the stove.
- ☐ Heat 1 tablespoon oil in a 12-inch heavy skillet over medium heat until it shimmers, then cook patties, carefully turning once, until golden brown, about 8 minutes total.·Uncooked patties can be chilled, covered, up to 4 hours.
- ☐ Per serving: 399 calories, 22g fat (3g saturated), 4mg cholesterol, 768mg sodium, 43g carbohydrates, 10g fiber, 12g protein
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:101.17, Glycemic Load:14.93, Inflammation Score:-6, Nutrition Score:17.262173682451%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

Nutrients (% of daily need)

Calories: 424.79kcal (21.24%), Fat: 27.14g (41.76%), Saturated Fat: 3.52g (22.02%), Carbohydrates: 37.46g (12.49%), Net Carbohydrates: 28.86g (10.49%), Sugar: 3.31g (3.68%), Cholesterol: 5.88mg (1.96%), Sodium: 715.54mg (31.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.54g (23.08%), Manganese: 1.98mg (99.06%), Fiber: 8.6g (34.39%), Vitamin K: 35.25µg (33.57%), Copper: 0.51mg (25.74%), Magnesium: 100.31mg (25.08%), Phosphorus: 235.61mg (23.56%), Vitamin B1: 0.25mg (16.97%), Iron: 2.86mg (15.91%), Vitamin B6: 0.31mg (15.61%), Vitamin B3: 2.8mg (14%), Selenium: 9.23µg (13.19%), Folate: 51.35µg (12.84%), Potassium: 410.74mg (11.74%), Zinc: 1.76mg (11.71%), Vitamin E: 1.6mg (10.66%), Calcium: 105.96mg (10.6%), Vitamin B2: 0.13mg (7.4%), Vitamin B5: 0.63mg (6.3%), Vitamin A: 207.71IU (4.15%), Vitamin C: 3.37mg (4.08%)