



Caramelized Onion-Veggie Burger

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup lentils canned rinsed drained
- 0.5 pound cremini mushrooms
- 1 large eggs
- 1 tablespoon thyme leaves fresh
- 1 large garlic clove chopped
- 0.3 cup goat cheese crumbled
- 2 tablespoons olive oil divided
- 3 cups onion chopped

- 1 teaspoon salt
- 0.8 cup breadcrumbs whole-wheat
- 0.5 cup cornmeal yellow
- 6 whole-grain buns

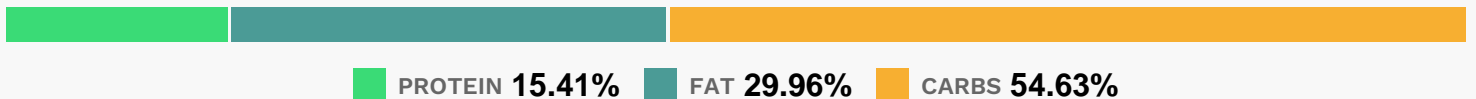
Equipment

- food processor
- frying pan

Directions

- Pulse first 3 ingredients in food processor until finely chopped.
- Heat 1 tablespoon oil over medium-high heat in a skillet; turn down to medium, and cook onion, stirring occasionally, about 15 minutes or until golden brown.
- Add mushroom mixture, and cook, stirring, about 2-3 minutes or until liquid evaporates.
- Remove from heat, and let cool.
- Stir cooled mushroom mixture into lentils, and combine with next 3 ingredients (through salt) until well-combined. Form mixture into 6 patties (about 1/2 cup each). Put cornmeal on a shallow plate, and coat burgers evenly.
- Heat remaining 1 tablespoon oil in a nonstick skillet over medium heat, and cook burgers about 3 minutes or until golden brown on underside. Flip burgers, and top with cheese. Cook about 3 minutes more or until golden brown and cheese is melted.
- Serve burgers on buns topped with tomato and basil, if desired.

Nutrition Facts



Properties

Glycemic Index:10.01, Glycemic Load:2.61, Inflammation Score:-5, Nutrition Score:3.8569565894811%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 75.21kcal (3.76%), Fat: 2.68g (4.13%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 11.01g (3.67%), Net Carbohydrates: 8.92g (3.25%), Sugar: 1.62g (1.8%), Cholesterol: 10.61mg (3.54%), Sodium: 153.95mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.21%), Fiber: 2.09g (8.35%), Folate: 28.34µg (7.09%), Manganese: 0.13mg (6.69%), Selenium: 4.45µg (6.36%), Copper: 0.13mg (6.28%), Phosphorus: 60.15mg (6.01%), Vitamin B2: 0.1mg (5.71%), Iron: 1mg (5.54%), Vitamin B6: 0.1mg (4.84%), Potassium: 142.13mg (4.06%), Vitamin C: 3.34mg (4.05%), Vitamin B1: 0.05mg (3.59%), Vitamin B5: 0.35mg (3.46%), Vitamin B3: 0.68mg (3.42%), Zinc: 0.48mg (3.21%), Magnesium: 12.59mg (3.15%), Vitamin E: 0.26mg (1.76%), Calcium: 16.83mg (1.68%), Vitamin A: 60.73IU (1.21%), Vitamin K: 1.18µg (1.12%)