

Carrot Burgers



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



364 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups flake cereal whole wheat crumbled
- ☐ 6 cups bread crumbs soft
- ☐ 2 cups carrots shredded
- ☐ 2 eggs
- ☐ 1 clove garlic chopped
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion minced

☐ 12 servings salt and pepper to taste

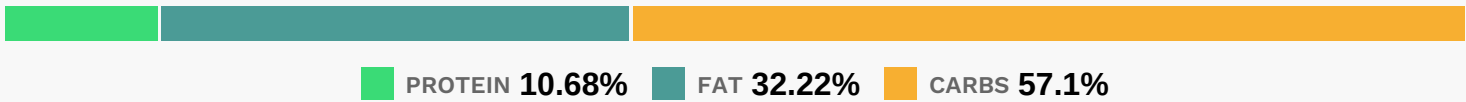
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Place carrots into a bowl, cover, and heat in the microwave until tender, 2 to 3 minutes.
- ☐ In a large bowl, stir together the eggs, mayonnaise, onion, olive oil, garlic, salt, pepper, and carrots.
- ☐ Mix in bread crumbs until evenly blended. Shape into 12 patties.
- ☐ Pour the cereal onto a plate, and dip the patties into the cereal to coat.
- ☐ Place the patties on a greased baking sheet.
- ☐ Bake for 25 to 30 minutes in the preheated oven, turning once, until golden brown.

Nutrition Facts



Properties

Glycemic Index:18.84, Glycemic Load:6.91, Inflammation Score:-10, Nutrition Score:22.37173926312%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 364.4kcal (18.22%), Fat: 13.22g (20.33%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 52.69g (17.56%), Net Carbohydrates: 47.06g (17.11%), Sugar: 7.31g (8.12%), Cholesterol: 31.2mg (10.4%), Sodium: 745.93mg (32.43%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.86g (19.72%), Vitamin A: 3943.15IU (78.86%), Manganese: 1.02mg (51.09%), Vitamin B1: 0.72mg (47.88%), Folate: 156.43µg (39.11%), Iron: 6.59mg (36.62%), Selenium: 23.18µg (33.11%), Vitamin B3: 6.04mg (30.18%), Vitamin B2: 0.45mg (26.75%), Fiber: 5.63g (22.51%), Vitamin K: 23.25µg (22.14%), Phosphorus: 175.95mg (17.6%), Vitamin B6: 0.35mg (17.44%), Vitamin B12: 0.93µg (15.54%), Magnesium: 58.27mg (14.57%), Calcium: 119.28mg (11.93%), Copper: 0.23mg (11.27%), Zinc: 1.63mg (10.86%), Potassium: 271.61mg (7.76%), Vitamin E: 1.01mg (6.72%), Vitamin B5: 0.61mg (6.13%), Vitamin D: 0.61µg (4.04%), Vitamin C: 2.02mg (2.44%)