



Carrot & sesame burgers



Vegetarian



Popular

READY IN



50 min.

SERVINGS



6

CALORIES



371 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 750 g carrots grated peeled
- ☐ 410 g garbanzo beans drained and rinsed canned
- ☐ 1 small onion roughly chopped
- ☐ 2 tbsp tahini
- ☐ 1 tsp ground cumin
- ☐ 1 eggs
- ☐ 3 tbsp olive oil
- ☐ 100 g breadcrumbs

- ☐ 1 lemon zest
- ☐ 150 ml yogurt
- ☐ 6 onion red sliced
- ☐ 3 tbsp sesame seed

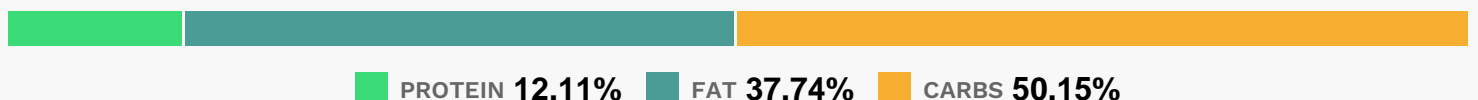
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Put a third of the grated carrot in a food processor with the chickpeas, onion, 2 tbsp tahini, cumin and egg. Whizz to a thick paste, then scrape into a large bowl.
- ☐ Heat 1 tbsp oil in your largest frying pan, tip in the remaining carrot and cook for 8–10 mins, stirring until the carrot is softened it will become more golden as it is cooked.
- ☐ Add this cooked carrot to the whizzed paste with the breadcrumbs, lemon zest and sesame seeds.
- ☐ Add seasoning, then mix together well with your hands.
- ☐ Divide the mixture into 6, then using wet hands shape into burgers. Cover and chill until serving.
- ☐ Mix the yogurt with the remaining tahini and lemon juice, then chill.
- ☐ Fire up the barbecue, or heat a non-stick frying pan and brush the burgers with the remaining oil. Cook the burgers for 5 mins on each side, until golden and crisp. Meanwhile warm or toast the buns (or sit them on the barbecue alongside the burgers). When the burgers are ready, spread each bun with some of the lemony sesame yogurt, add the avocado, top with the burger, onion and rocket. Finish with a drizzle of chilli sauce.

Nutrition Facts



Properties

Glycemic Index:33.36, Glycemic Load:9.4, Inflammation Score:-10, Nutrition Score:24.428260912066%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 6.1mg, Isorhamnetin: 6.1mg, Isorhamnetin: 6.1mg, Isorhamnetin: 6.1mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 24.96mg, Quercetin: 24.96mg, Quercetin: 24.96mg, Quercetin: 24.96mg

Nutrients (% of daily need)

Calories: 371.15kcal (18.56%), Fat: 16.14g (24.83%), Saturated Fat: 2.86g (17.87%), Carbohydrates: 48.25g (16.08%), Net Carbohydrates: 38.02g (13.82%), Sugar: 13.41g (14.9%), Cholesterol: 30.65mg (10.22%), Sodium: 428.41mg (18.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.65g (23.3%), Vitamin A: 20968.9IU (419.38%), Manganese: 1.17mg (58.64%), Fiber: 10.23g (40.93%), Vitamin B6: 0.73mg (36.44%), Vitamin B1: 0.45mg (29.98%), Phosphorus: 269.9mg (26.99%), Copper: 0.53mg (26.32%), Folate: 96.47µg (24.12%), Potassium: 810.59mg (23.16%), Vitamin C: 18.1mg (21.94%), Calcium: 214.52mg (21.45%), Vitamin K: 22.39µg (21.33%), Iron: 3.56mg (19.79%), Magnesium: 78.68mg (19.67%), Selenium: 12.41µg (17.73%), Vitamin B2: 0.27mg (16%), Vitamin B3: 3.09mg (15.47%), Zinc: 2.07mg (13.77%), Vitamin E: 1.99mg (13.25%), Vitamin B5: 1.01mg (10.06%), Vitamin B12: 0.22µg (3.66%), Vitamin D: 0.17µg (1.15%)