



Cheesy Soy Burgers

READY IN



25 min.

SERVINGS



4

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup breadcrumbs dry
- ☐ 4 hawaiian rolls split toasted
- ☐ 15 oz soybeans rinsed drained canned
- ☐ 2 tablespoons eggs fat-free
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 2 tablespoons spring onion finely chopped
- ☐ 2 teaspoons horseradish prepared
- ☐ 4 romaine leaves
- ☐ 2 oz cheddar cheese shredded reduced-fat

- ☐ 0.3 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 4 slices tomatoes
- ☐ 1 teaspoon worcestershire sauce

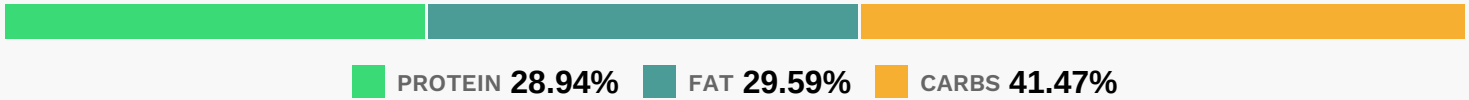
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In small bowl, mix sauce ingredients; set aside.
- ☐ In medium bowl, mash beans with fork. Stir in remaining patty ingredients. Shape mixture into 4 patties.
- ☐ Spray 10-inch nonstick skillet with cooking spray. Cook patties in skillet over medium heat about 10 minutes, turning once, until light brown.
- ☐ Top bottom halves of buns with patties, sauce, tomato and lettuce. Cover with top halves of buns.

Nutrition Facts



Properties

Glycemic Index:53.7, Glycemic Load:13.94, Inflammation Score:-9, Nutrition Score:26.130434704864%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 394.88kcal (19.74%), Fat: 13.41g (20.63%), Saturated Fat: 2.72g (16.98%), Carbohydrates: 42.28g (14.09%), Net Carbohydrates: 34.06g (12.39%), Sugar: 10.56g (11.74%), Cholesterol: 31.09mg (10.36%), Sodium: 745.86mg (32.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.51g (59.01%), Manganese: 1.31mg (65.36%),

Phosphorus: 462.78mg (46.28%), Iron: 7.92mg (43.99%), Vitamin A: 2115.11IU (42.3%), Selenium: 26.83µg (38.33%), Vitamin B2: 0.63mg (37%), Vitamin B1: 0.52mg (34.66%), Fiber: 8.21g (32.85%), Folate: 130.42µg (32.6%), Calcium: 323.72mg (32.37%), Magnesium: 120.97mg (30.24%), Vitamin K: 31.68µg (30.18%), Copper: 0.53mg (26.71%), Potassium: 849.5mg (24.27%), Vitamin B6: 0.37mg (18.44%), Zinc: 2.42mg (16.1%), Vitamin B3: 3.01mg (15.07%), Vitamin C: 12.04mg (14.6%), Vitamin B12: 0.43µg (7.19%), Vitamin B5: 0.59mg (5.93%), Vitamin E: 0.82mg (5.45%), Vitamin D: 0.16µg (1.08%)