



Curried Eggplant, Lentil, and Quinoa Burgers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon agave nectar (or other sweetener)
- 1 cup lentils cooked
- 1 teaspoon curry powder
- 1 large eggplant (see Note below)
- 2 cloves garlic clove minced pressed
- 0.3 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 1 tablespoon juice of lemon

- 1 medium onion diced finely
- 1 teaspoon paprika smoked (or)
- 2 teaspoons potato flour
- 0.8 cup quinoa flakes
- 1 bell pepper red hot minced seeded (I used jalapeno)
- 0.3 teaspoon salt to taste (or)
- 0.5 teaspoon paprika smoked (spicy or mild)

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- spatula

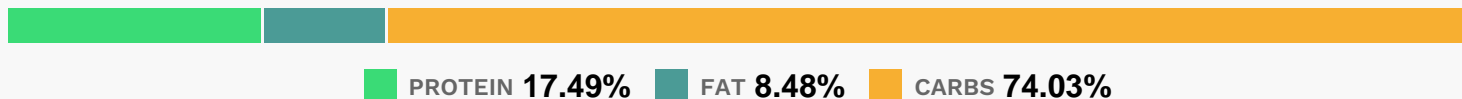
Directions

- Remove the top of the eggplant and cut it in half lengthwise.
- Place it cut-sides down on a baking sheet lined with parchment paper or silicon baking mat.
- Bake for 25 minutes or until the eggplant is completely sunken in and tender.
- Remove to a shallow dish and allow to cool completely. (You can do this even several days in advance and store in a covered container in the refrigerator.) Once the eggplant is cool, discard any liquid that has accumulated and scrape the flesh from the peel.
- Place the pulp in a food processor and pulse a few times to make a coarse puree.
- Transfer to a medium-sized bowl and add the remaining ingredients.
- Mix very well and allow to stand at room temperature for 20 minutes. Preheat oven to 425 F. Line a baking sheet with parchment paper or silicon baking mat.
- Heat a large non-stick frying pan over medium-high heat. Once it's hot, wipe or spray it with a little pan spray or canola oil. Wet your hands and form eggplant mixture into patties about 3

inches wide and 1/2 inch thick. (You can also form the burgers by spooning the mixture into the pan and using the back of a spoon to shape it into patties.) Cook three or four at a time until lightly browned and then carefully flip over and brown the other side.

- Remove with a spatula and place each burger on the prepared baking sheet.
- Bake for 15–20 minutes, until burgers are cooked through.
- Serve with traditional hamburger condiments or with Spicy Onion–Pepper Relish.

Nutrition Facts



Properties

Glycemic Index:33.94, Glycemic Load:2.69, Inflammation Score:-7, Nutrition Score:11.175217327864%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 129.35kcal (6.47%), Fat: 1.27g (1.95%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 24.94g (8.31%), Net Carbohydrates: 18.16g (6.6%), Sugar: 6.38g (7.08%), Cholesterol: 0mg (0%), Sodium: 102.78mg (4.47%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 5.89g (11.79%), Vitamin C: 30.44mg (36.89%), Fiber: 6.78g (27.13%), Vitamin B2: 0.4mg (23.76%), Folate: 90.85µg (22.71%), Manganese: 0.43mg (21.74%), Vitamin A: 893.46IU (17.87%), Phosphorus: 162.46mg (16.25%), Iron: 2.3mg (12.76%), Vitamin B6: 0.24mg (11.92%), Potassium: 399.08mg (11.4%), Copper: 0.17mg (8.43%), Vitamin B1: 0.11mg (7.57%), Magnesium: 30.25mg (7.56%), Vitamin B3: 1.17mg (5.85%), Vitamin E: 0.82mg (5.47%), Vitamin B5: 0.54mg (5.35%), Vitamin K: 5.23µg (4.98%), Zinc: 0.69mg (4.57%), Calcium: 26.09mg (2.61%), Selenium: 1.55µg (2.21%)