



Drive-In Walnut Burger

 Vegetarian  Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup bread crumbs dried plain
- 0.8 cup garbanzo beans canned drained
- 1 tablespoon cider vinegar
- 1 large eggs
- 1 tablespoon grill seasoning (recommended: McCormick)
- 4 hamburger buns
- 4 servings dijon honey mustard
- 4 servings lettuce

- 1 tablespoons olive oil
- 0.3 teaspoon pepper flakes red
- 1 teaspoon paprika smoked
- 1 cup walnuts chopped

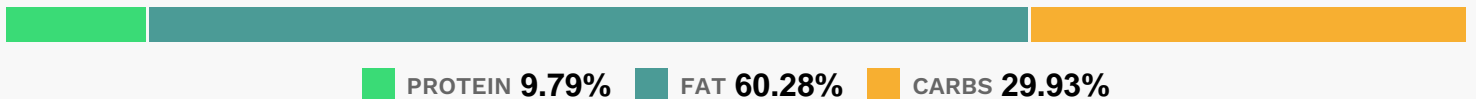
Equipment

- food processor
- bowl
- whisk
- grill

Directions

- Set up grill for direct cooking over high heat. Oil grate when ready to start cooking.
- In a food processor, combine walnuts, garbanzo beans, bread crumbs, grill seasoning, paprika, pepper flakes, oil and vinegar and pulse until coarsely ground.
- In a small bowl whisk egg, add to food processor and pulse for 10 seconds, just enough to incorporate egg. Divide into 4 equal-size parts; roll into balls, and flatten with the palm of your hand into 3/4-inch-thick patties.
- Place burgers on oiled grill. Cook 4 minutes per side.
- Serve hot on toasted buns with lettuce, tomato, avocado and honey mustard.

Nutrition Facts



Properties

Glycemic Index:54.33, Glycemic Load:15.17, Inflammation Score:-8, Nutrition Score:25.881739009982%

Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

Nutrients (% of daily need)

Calories: 590.31kcal (29.52%), Fat: 41.38g (63.65%), Saturated Fat: 5.38g (33.61%), Carbohydrates: 46.22g (15.41%), Net Carbohydrates: 34.7g (12.62%), Sugar: 5.46g (6.07%), Cholesterol: 46.5mg (15.5%), Sodium: 397.04mg (17.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.12g (30.24%), Manganese: 1.8mg (90.21%), Fiber: 11.52g (46.09%), Folate: 174.94µg (43.73%), Copper: 0.79mg (39.72%), Vitamin B1: 0.51mg (33.78%), Vitamin K: 35.18µg (33.5%), Vitamin B6: 0.65mg (32.26%), Selenium: 20.38µg (29.12%), Phosphorus: 264.79mg (26.48%), Magnesium: 102.28mg (25.57%), Iron: 4.42mg (24.53%), Vitamin B2: 0.41mg (24.05%), Vitamin B3: 4.61mg (23.03%), Potassium: 769.07mg (21.97%), Vitamin E: 3.24mg (21.6%), Vitamin B5: 1.9mg (19.03%), Zinc: 2.42mg (16.14%), Calcium: 148.63mg (14.86%), Vitamin C: 11.1mg (13.45%), Vitamin A: 534.04IU (10.68%), Vitamin B12: 0.23µg (3.81%), Vitamin D: 0.25µg (1.67%)