



Edamame Burger



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 420 g bob's mill garbanzo bean flour
- ☐ 340 g edamame frozen shelled
- ☐ 4 cloves garlic
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon liquid smoke
- ☐ 227 g mushrooms sliced
- ☐ 60 g nutritional yeast
- ☐ 16 servings cooking oil for frying

- ☐ 65 g cashew pieces raw finely
- ☐ 16 servings salt and pepper to taste
- ☐ 1 teaspoon bragg liquid aminos

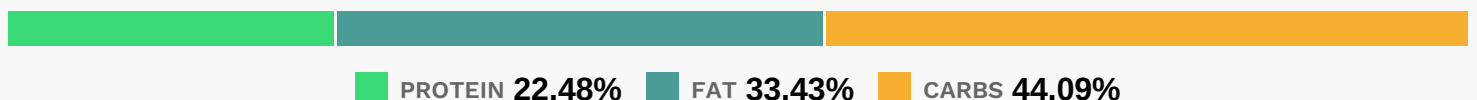
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Place the frozen edamame and the entire can of chickpeas, including the liquid, in a saucepot and warm through. This step is to defrost the edamame; if you use fresh or precooked edamame, you can skip this step.
- ☐ Combine the edamame, chickpeas and liquid, mushrooms, cashews, yeast, garlic, cumin, liquid smoke, liquid aminos, and salt and pepper in a food processor and process until smooth.
- ☐ Pour into a large bowl.
- ☐ Slowly add the flour until a thicker consistency is formed. Depending on the moisture content of your mixture, you may need just a little flour or a whole lot.
- ☐ Place the entire bowl in the refrigerator for 20 to 30 minutes to stiffen up and make it easier to handle when forming the patties. Form into 16 patties.
- ☐ Heat the oil in a sauté pan and fry the patties for 4 to 5 minutes, or until golden brown on both sides.
- ☐ From The Best Veggie Burgers on the Planet: 101 Globally Inspired Vegan Creations Packed with Fresh Flavors and Exciting New Tastes by Joni Marie Newman. Text © 2011 by Joni Marie Newman; photography © 2011 Rockport Publishers. Published by Fair Winds Press.

Nutrition Facts



Properties

Glycemic Index:9.57, Glycemic Load:7.98, Inflammation Score:-4, Nutrition Score:9.0856522043114%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 193.18kcal (9.66%), Fat: 7.27g (11.19%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 21.57g (7.19%), Net Carbohydrates: 16.64g (6.05%), Sugar: 3.95g (4.39%), Cholesterol: 0mg (0%), Sodium: 212.19mg (9.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11g (22%), Folate: 118.17µg (29.54%), Manganese: 0.51mg (25.45%), Fiber: 4.93g (19.73%), Copper: 0.38mg (18.83%), Magnesium: 57.14mg (14.28%), Iron: 2.47mg (13.74%), Potassium: 469.08mg (13.4%), Phosphorus: 121.23mg (12.12%), Vitamin B1: 0.16mg (10.54%), Vitamin B6: 0.17mg (8.52%), Zinc: 1.06mg (7.06%), Selenium: 4.42µg (6.31%), Vitamin K: 5.79µg (5.51%), Vitamin B2: 0.09mg (5.19%), Vitamin B3: 1.03mg (5.13%), Vitamin E: 0.75mg (4.99%), Vitamin B5: 0.41mg (4.11%), Calcium: 33.32mg (3.33%)