



## 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
Εq	uipment
	food processor
	bowl
	frying pan
	pot
Diı	rections
	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	
	PROTEIN 22.48% FAT 33.43% CARBS 44.09%

## **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, 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: Omg (0%), Sodium: 212.19mg (9.23%), Alcohol: Og (100%), Alcohol %: O% (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%)