



Carrot / Nut / Bean burger

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup brown rice wild cooked
- 4 medium carrots grated
- 1 teaspoon ground coriander
- 2 tablespoons safflower oil
- 3 tablespoons flat parsley chopped
- 2 cloves garlic minced
- 0.5 teaspoon ground cumin
- 0.3 cup sunflower seeds hulled chopped

- 1 small onion minced
- 0.5 teaspoon miso
- 1 cup mushrooms firm chopped
- 1 cup mushrooms firm chopped
- 6 servings unbleached flour (for dredging)

Equipment

Nutrition Facts

PROTEIN 10.31% **FAT 42.15%** **CARBS 47.54%**

Properties

Glycemic Index:67.51, Glycemic Load:9.27, Inflammation Score:-10, Nutrition Score:15.630869565217%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 170.53kcal (8.53%), Fat: 8.3g (12.77%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 21.07g (7.02%), Net Carbohydrates: 17.89g (6.51%), Sugar: 3.29g (3.65%), Cholesterol: 0mg (0%), Sodium: 51.44mg (2.24%), Protein: 4.57g (9.13%), Vitamin A: 6968.07IU (139.36%), Vitamin K: 38.74µg (36.9%), Manganese: 0.65mg (32.46%), Vitamin E: 3.88mg (25.87%), Copper: 0.28mg (13.89%), Selenium: 9.29µg (13.27%), Vitamin B3: 2.59mg (12.97%), Fiber: 3.17g (12.69%), Vitamin B1: 0.19mg (12.4%), Vitamin B6: 0.25mg (12.28%), Phosphorus: 119.97mg (12%), Magnesium: 46.45mg (11.61%), Vitamin B2: 0.19mg (11.14%), Potassium: 341.46mg (9.76%), Folate: 35.01µg (8.75%), Vitamin C: 7.07mg (8.57%), Vitamin B5: 0.84mg (8.43%), Iron: 1.16mg (6.43%), Zinc: 0.9mg (5.98%), Calcium: 34.56mg (3.46%)