



Garbanzo Bean Burgers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce garbanzo beans rinsed drained canned
- 1 carrots grated
- 2 tablespoons cilantro leaves fresh chopped
- 3 cloves garlic minced
- 1 bell pepper red finely chopped
- 1 chile pepper red minced seeded
- 4 servings salt and pepper black to taste
- 1 tablespoon tahini paste

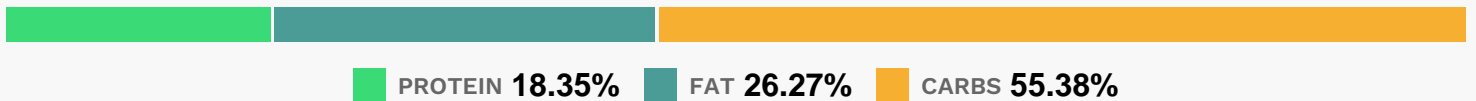
Equipment

- food processor
- bowl
- baking sheet
- baking paper
- oven

Directions

- Place garbanzo beans in the bowl of a food processor with bell pepper, carrot, garlic, red chile pepper, cilantro, tahini, salt, and pepper.
- Place the lid on the food processor, and pulse 5 times, then scrape the sides, and pulse the mixture until it is evenly mixed. If the mixture looks dry, add olive oil.
- Refrigerate garbanzo bean burger mixture for 30 minutes.
- Preheat an oven to 350 degrees F (175 degrees C). Prepare a baking sheet with parchment paper or lightly grease with cooking spray.
- Shape the chilled garbanzo bean burger mixture into patties.
- Bake 20 minutes, then carefully flip burgers and bake 10 more minutes, or until evenly browned.

Nutrition Facts



Properties

Glycemic Index:56.54, Glycemic Load:5.34, Inflammation Score:-10, Nutrition Score:16.006956826086%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 137.64kcal (6.88%), Fat: 4.25g (6.54%), Saturated Fat: 0.52g (3.28%), Carbohydrates: 20.15g (6.72%), Net Carbohydrates: 14.02g (5.1%), Sugar: 2.59g (2.88%), Cholesterol: 0mg (0%), Sodium: 503.85mg (21.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.35%), Vitamin A: 3618.4IU (72.37%), Vitamin C: 56.17mg (68.08%), Manganese: 0.98mg (49.24%), Vitamin B6: 0.7mg (35.06%), Fiber: 6.13g (24.51%), Phosphorus: 136.12mg (13.61%), Copper: 0.26mg (12.84%), Folate: 49.61µg (12.4%), Magnesium: 40.87mg (10.22%), Iron: 1.81mg (10.04%), Potassium: 328.2mg (9.38%), Vitamin B1: 0.13mg (8.83%), Zinc: 1.07mg (7.16%), Calcium: 55.51mg (5.55%), Selenium: 3.84µg (5.48%), Vitamin K: 5.7µg (5.43%), Vitamin B5: 0.49mg (4.91%), Vitamin B3: 0.95mg (4.74%), Vitamin E: 0.66mg (4.37%), Vitamin B2: 0.07mg (3.94%)