



## Italian Vegetarian Patties

READY IN



40 min.

SERVINGS



32

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup brown rice uncooked
- 2 teaspoons basil dried
- 2.5 cups bread crumbs dry
- 2 eggs
- 1.5 teaspoons garlic powder
- 1.5 cups parmesan cheese grated
- 1.5 cups lentils red
- 1 teaspoon salt
- 3 tablespoons vegetable oil

6 cups water

## Equipment

food processor

frying pan

paper towels

sauce pan

## Directions

Heat 2 tablespoons oil in a large saucepan. Stir in the brown rice, and cook until golden brown.

Add the lentils, water, and salt; bring to a boil. Reduce heat to low, cover, and cook until the rice is tender and the water is absorbed, about 40 minutes.

Add additional water if needed; mixture should be very thick.

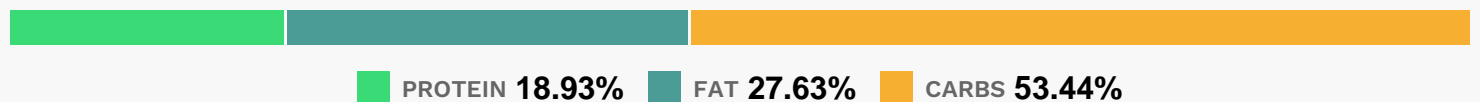
Remove from heat and let cool slightly.

Place the cooked rice mixture in a food processor along with the eggs, bread crumbs, Parmesan cheese, basil, and garlic powder. Process until well combined, and the texture of ground meat. Form into 1/4 to 1/2 inch thick patties, using about 3 tablespoons mixture for each.

Heat 3 tablespoons oil in a large skillet. In batches, fry patties until browned, about 2 to 3 minutes per side.

Drain on paper towels; cool. Fry remaining patties in the same manner. Store in airtight containers in the refrigerator or freezer.

## Nutrition Facts



## Properties

Glycemic Index:2.76, Glycemic Load:2.52, Inflammation Score:-2, Nutrition Score:5.847826084365%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 114.78kcal (5.74%), Fat: 3.51g (5.4%), Saturated Fat: 1.15g (7.17%), Carbohydrates: 15.27g (5.09%), Net Carbohydrates: 12.13g (4.41%), Sugar: 0.71g (0.79%), Cholesterol: 14.31mg (4.77%), Sodium: 223.4mg (9.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.82%), Manganese: 0.37mg (18.44%), Folate: 52.17µg (13.04%), Fiber: 3.14g (12.56%), Vitamin B1: 0.18mg (11.78%), Phosphorus: 99.65mg (9.96%), Selenium: 5.35µg (7.64%), Iron: 1.26mg (6.99%), Calcium: 67.5mg (6.75%), Magnesium: 23.26mg (5.81%), Zinc: 0.87mg (5.78%), Vitamin B2: 0.08mg (4.91%), Vitamin B3: 0.98mg (4.91%), Copper: 0.09mg (4.54%), Vitamin B6: 0.09mg (4.5%), Vitamin K: 4.48µg (4.27%), Potassium: 124.81mg (3.57%), Vitamin B5: 0.35mg (3.53%), Vitamin B12: 0.12µg (1.95%), Vitamin E: 0.21mg (1.42%), Vitamin A: 59.15IU (1.18%)