



Lentil-Barley Burgers with Fiery Fruit Salsa



Vegetarian



Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons canola oil divided
- ☐ 0.3 cup carrots grated
- ☐ 0.5 teaspoon chili powder
- ☐ 0.8 cup pearl barley cooked
- ☐ 0.5 cup lentils dried
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 0.3 cup parsley fresh finely chopped

- ☐ 2 teaspoons garlic minced
- ☐ 0.3 cup grape tomatoes halved
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup mangos finely chopped
- ☐ 1 cup onion chopped
- ☐ 0.8 teaspoon oregano dried
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.3 cup pineapple finely chopped
- ☐ 0.8 teaspoon salt divided
- ☐ 1 serrano chile minced
- ☐ 0.3 cup tomatillo finely chopped
- ☐ 2 tablespoons tomato paste
- ☐ 1.5 cups water

Equipment

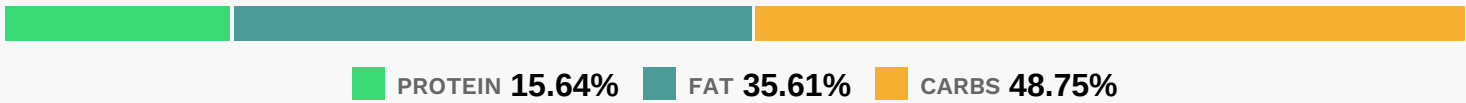
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ To prepare salsa, combine first 6 ingredients; cover and refrigerate.
- ☐ To prepare burgers, combine 1 1/2 cups water and lentils in a saucepan; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until lentils are tender.
- ☐ Drain.
- ☐ Place half of lentils in a large bowl.
- ☐ Place remaining lentils in a food processor; process until smooth.

- ☐ Add processed lentils to whole lentils in bowl.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion and carrot; saut 6 minutes or until tender, stirring occasionally.
- ☐ Add garlic; cook 1 minute, stirring constantly.
- ☐ Add tomato paste, cumin, oregano, chili powder, and 1/4 teaspoon salt; cook 1 minute, stirring constantly.
- ☐ Add onion mixture to lentils.
- ☐ Add remaining 1/2 teaspoon salt, barley, and next 5 ingredients (through egg); stir well. Cover and refrigerate 1 hour or until firm.
- ☐ Divide mixture into 8 portions, shaping each into a 1/2-inch-thick patty.
- ☐ Heat 1 1/2 tablespoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add 4 patties; cook 3 minutes on each side or until browned. Repeat procedure with remaining 1 1/2 tablespoons oil and 4 patties.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:98.96, Glycemic Load:5.1, Inflammation Score:-9, Nutrition Score:22.34608707739%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 321.47kcal (16.07%), Fat: 13.02g (20.03%), Saturated Fat: 1.41g (8.78%), Carbohydrates: 40.12g (13.37%), Net Carbohydrates: 28.92g (10.52%), Sugar: 7.46g (8.29%), Cholesterol: 46.5mg (15.5%), Sodium: 621.98mg (27.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.87g (25.74%), Vitamin K: 78.43µg (74.69%), Fiber: 11.2g (44.8%), Vitamin A: 2166.1IU (43.32%), Folate: 160.12µg (40.03%), Manganese: 0.8mg (39.89%), Vitamin C: 24.49mg (29.68%), Vitamin B1: 0.37mg (24.86%), Iron: 4.25mg (23.59%), Selenium: 14.64µg (20.92%), Phosphorus: 203.54mg (20.35%), Vitamin E: 2.92mg (19.44%), Potassium: 615.46mg (17.58%), Vitamin B6: 0.35mg (17.55%), Vitamin B2: 0.28mg (16.62%), Magnesium: 63.9mg (15.97%), Copper: 0.31mg (15.64%), Zinc: 1.99mg (13.27%), Vitamin B3: 2.63mg (13.14%), Vitamin B5: 1mg (10.04%), Calcium: 83.68mg (8.37%), Vitamin B12: 0.15µg (2.54%), Vitamin D: 0.25µg (1.67%)