



## Lentil Burgers: Rebooting Healthy Eating Habits

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



279 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 cup breadcrumbs fresh
- ☐ 4 servings cayenne pepper as needed for serving ( )
- ☐ 4 servings coarse salt as needed
- ☐ 0.5 cup green lentils dried french
- ☐ 2 tablespoon flat-leaf parsley leaves fresh plus more for serving) chopped
- ☐ 2 tablespoon olive oil extra-virgin plus more for serving)
- ☐ 0.5 cup yogurt plain

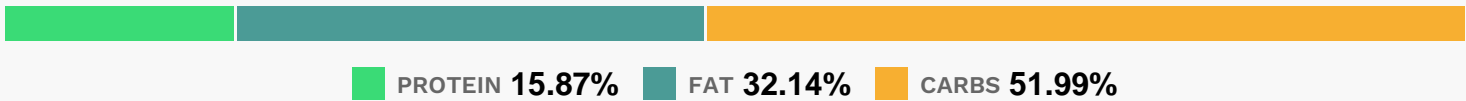
## Equipment

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

## Directions

- ☐ Bring lentils and 3 cups water to a boil in a medium saucepan. Reduce heat, season with salt, and simmer until lentils are tender, about 20 minutes.
- ☐ Drain and let cool. (If not using lentils immediately, let cool and then refrigerate in cooking liquid up to 5 days.)
- ☐ Combine lentils, ½ teaspoon salt, diced red onion, eggs, breadcrumbs, and parsley in a medium bowl.
- ☐ Transfer half of mixture to a food processor; pulse until smooth (or mash with a potato masher). Fold into remaining lentil mixture until well combined. Using a ¼-cup measure as a scoop, shape mixture into eight 2 ½-inch patties.
- ☐ Heat a heavy, large skillet over medium-high heat.
- ☐ Add oil and swirl to coat bottom.
- ☐ Add patties in a single layer, working in batches if necessary. Cook, turning once, until crisp and brown, about 4 minutes.
- ☐ Transfer patties to serving plates and let cool slightly. Divide lettuce leaves among serving plates; top with lentil patties. Divide yogurt among plates. Season with salt, sprinkle with cayenne, and drizzle with olive oil.
- ☐ Garnish with caper berries, sliced onion, and parsley. Like this: Like Loading...

## Nutrition Facts



## Properties

Glycemic Index:26.9, Glycemic Load:2.23, Inflammation Score:-8, Nutrition Score:16.223913180439%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 279.01kcal (13.95%), Fat: 10.04g (15.45%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 36.54g (12.18%), Net Carbohydrates: 27.4g (9.96%), Sugar: 3.81g (4.24%), Cholesterol: 3.98mg (1.33%), Sodium: 408.82mg (17.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.16g (22.32%), Vitamin K: 41.66µg (39.68%), Folate: 151.15µg (37.79%), Fiber: 9.15g (36.58%), Vitamin B1: 0.49mg (32.52%), Manganese: 0.61mg (30.61%), Vitamin A: 1040.36IU (20.81%), Iron: 3.45mg (19.17%), Phosphorus: 188.9mg (18.89%), Selenium: 9.65µg (13.78%), Vitamin B3: 2.64mg (13.2%), Vitamin B2: 0.22mg (13.13%), Magnesium: 48.61mg (12.15%), Zinc: 1.79mg (11.94%), Vitamin E: 1.78mg (11.85%), Vitamin B6: 0.22mg (11.14%), Potassium: 381.06mg (10.89%), Calcium: 105.82mg (10.58%), Copper: 0.21mg (10.34%), Vitamin B5: 0.79mg (7.9%), Vitamin C: 5.4mg (6.54%), Vitamin B12: 0.21µg (3.46%)