



Lentil Burgers with Lemon-Basil Mayonnaise



Vegetarian



Very Healthy



Popular

READY IN



65 min.

SERVINGS



6

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado peeled seeded thinly sliced
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 inch twenty-two -thick- bread country-style
- ☐ 1 head boston lettuce separated
- ☐ 4 ounces button mushrooms diced finely
- ☐ 30 ounce lentils rinsed drained canned
- ☐ 0.3 cup cornmeal
- ☐ 1 cup egg-free mayonnaise refrigerated such as vegenaise

- ☐ 2 tablespoons egg-free mayonnaise such as vegenaïse
- ☐ 0.5 cup basil fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 lemon zest
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.5 cup peas green frozen thawed
- ☐ 2 roma tomatoes thinly sliced
- ☐ 2 large shallots minced

Equipment

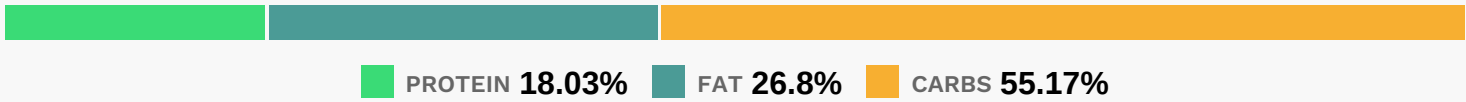
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat 1/4 cup of the oil over medium-high heat in a 12-inch nonstick skillet.
- ☐ Add the shallots, 3/4 teaspoon salt and 1/4 teaspoon pepper. Cook until soft, about 3 minutes.
- ☐ Add the mushrooms, garlic, thyme and the remaining 3/4 teaspoon of salt and 1/4 teaspoon pepper. Cook until the mushrooms are soft, 6 to 8 minutes. Set aside to cool slightly.
- ☐ Blend the peas and 1 can lentils until smooth in a blender.
- ☐ Transfer the pureed peas and lentils to a medium bowl.
- ☐ Add the remaining 1 can lentils, 1/3 cup cornmeal, mayonnaise, lemon juice and the mushroom mixture. Form 1/3-cupfuls of the mixture into eleven 3/4-inch-thick slider patties.

- ☐ Sprinkle 1/4 cup cornmeal on a baking sheet.
- ☐ Place the burgers on top of the cornmeal.
- ☐ Sprinkle the remaining 1/4 cup cornmeal on top of the burgers. Refrigerate for at least 30 minutes.
- ☐ Heat the remaining 1/4 cup oil over medium heat in the skillet. Cook the burgers until golden brown, about 4 minutes on each side.
- ☐ Mix the mayonnaise, basil and lemon zest until smooth in a small bowl.
- ☐ Working in batches, place the bread in the skillet and cook until lightly toasted, 1 to 2 minutes on each side. The bread can also be grilled or toasted in an oven.
- ☐ Smear the mayonnaise on the bread and top with the lentil burgers.
- ☐ Serve with avocado if using, tomato, lettuce and top with the remaining the bread slices.

Nutrition Facts



Properties

Glycemic Index:86.36, Glycemic Load:10.68, Inflammation Score:-10, Nutrition Score:27.084782346435%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 353.55kcal (17.68%), Fat: 11.05g (17%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 51.18g (17.06%), Net Carbohydrates: 33.85g (12.31%), Sugar: 10g (11.12%), Cholesterol: 3.88mg (1.3%), Sodium: 933.65mg (40.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.73g (33.46%), Folate: 326.81µg (81.7%), Fiber: 17.33g (69.31%), Vitamin K: 63.38µg (60.36%), Manganese: 1.07mg (53.71%), Iron: 6.53mg (36.29%), Phosphorus: 348.81mg (34.88%), Copper: 0.58mg (29.13%), Vitamin A: 1442.95IU (28.86%), Potassium: 997.14mg (28.49%), Vitamin C: 21.88mg (26.52%), Vitamin B6: 0.53mg (26.27%), Vitamin B1: 0.37mg (24.68%), Magnesium: 90.25mg (22.56%),

Zinc: 2.76mg (18.4%), Vitamin B5: 1.83mg (18.31%), Vitamin B3: 3.56mg (17.81%), Vitamin B2: 0.29mg (17.13%),
Vitamin E: 1.62mg (10.83%), Selenium: 7.23µg (10.33%), Calcium: 70.01mg (7%)