



Lentil Burgers with Tzatziki

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 arugula leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup carrots grated
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 0.7 cup lentils dried
- ☐ 1 cup cucumber english grated peeled
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 2.5 ounces feta cheese crumbled

- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves crushed
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 cup italian-seasoned breadcrumbs
- ☐ 3 tablespoons kalamata olives pitted chopped
- ☐ 1.5 cups yogurt plain low-fat
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped
- ☐ 0.8 teaspoon oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sun-dried tomato sprinkles
- ☐ 2 tomatoes cut into 1/4-inch-thick slices (3/4 pound)
- ☐ 0.3 cup wheat germ toasted
- ☐ 1.5 ounce hamburger buns whole wheat toasted

Equipment

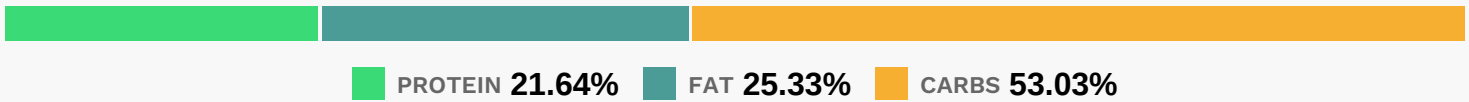
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ziploc bags
- ☐ wax paper
- ☐ spatula

Directions

- ☐ To prepare tzatziki, place cucumber on paper towels, and squeeze until barely moist.

- ☐ Place in a medium bowl. Spoon yogurt onto several layers of heavy-duty paper towels;spread to 1/2-inch thickness. Cover with additional paper towels, and let stand for 5 minutes.
- ☐ Scrape into bowl using a rubber spatula.
- ☐ Add the salt, crushed garlic, green onions, and extra-virgin olive oil; chill.
- ☐ To prepare patties, heat 2 teaspoons oil in a medium saucepan over medium-high heat.
- ☐ Add onion; saut 2 minutes or until tender. Stir in oregano, red pepper, and garlic; cook for 30 seconds, stirring constantly. Stir in broth, lentils, and sun-dried tomatoes; bring to a boil. Cover, reduce heat, and simmer 35 minutes or until lentils are tender; drain. Cool.
- ☐ Place lentil mixture, cheese, and the next 6 ingredients (cheese through black pepper) in a food processor; pulse until coarsely ground. Divide lentil mixture into 8 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add patties, and cook for 3 minutes. Turn patties over, and cook over medium heat 3 minutes.
- ☐ Spread 1 tablespoon tzatziki evenly on each bun top and bottom. Arrange the arugula, patties, and tomato slices over bottom halves of buns; top with remaining bun halves.
- ☐ Note: You can freeze any uncooked lentil patties for up to 1 month: Separate the patties with wax paper, place in a heavy-duty zip-top plastic bag, remove excess air, seal, and freeze. Thaw in refrigerator before cooking.

Nutrition Facts



Properties

Glycemic Index:48.3, Glycemic Load:2.92, Inflammation Score:-9, Nutrition Score:20.524347688193%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 211.63kcal (10.58%), Fat: 6.16g (9.47%), Saturated Fat: 2.2g (13.78%), Carbohydrates: 29g (9.67%), Net Carbohydrates: 21.19g (7.71%), Sugar: 7.98g (8.87%), Cholesterol: 10.69mg (3.56%), Sodium: 607.07mg (26.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.83g (23.66%), Manganese: 1.17mg (58.46%), Vitamin K: 53.45µg (50.91%), Vitamin A: 1998.44IU (39.97%), Folate: 131.81µg (32.95%), Fiber: 7.81g (31.23%), Phosphorus: 266.55mg (26.66%), Vitamin B1: 0.4mg (26.38%), Vitamin B2: 0.32mg (19.06%), Calcium: 187.99mg (18.8%), Potassium: 647.25mg (18.49%), Selenium: 12.45µg (17.79%), Vitamin B6: 0.33mg (16.63%), Iron: 2.95mg (16.39%), Zinc: 2.43mg (16.17%), Magnesium: 64.57mg (16.14%), Vitamin C: 13.09mg (15.86%), Copper: 0.26mg (13.18%), Vitamin B3: 2.36mg (11.78%), Vitamin B5: 1.13mg (11.31%), Vitamin B12: 0.51µg (8.5%), Vitamin E: 0.77mg (5.16%)