



Lentil Corn Burgers

 Vegetarian  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups water
- 8 oz lentils dried rinsed
- 0.3 teaspoon salt
- 0.8 cup breadcrumbs
- 2 teaspoons chipotle sauce salt-free
- 11 oz baby corns with red and green peppers, drained canned
- 2 eggs slightly beaten
- 1 tablespoon canola oil

- 6 romaine leaves
- 6 sandwich rolls whole wheat 100% thin (4 inch)
- 3 tablespoons mayonnaise light
- 6 slices tomato
- 6 slices onion thin

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan

Directions

- In 2-quart saucepan, heat water, lentils and salt to boiling. Reduce heat; cover and simmer 12 to 15 minutes, stirring occasionally, until lentils are tender yet hold their shape; drain. Spoon into large bowl, cool 15 minutes.
- Into cooled lentils, lightly stir bread crumbs, seasoning, corn, and eggs. Form mixture into 6 patties about 1/2 inch thick and about 3 1/2 to 4 inches in diameter; place on platter or cookie sheet. Refrigerate 30 minutes (patties will firm up, making them easier to cook without falling apart.)
- In 12-inch nonstick skillet, heat 1 1/2 teaspoons oil over medium heat. Cook 3 patties 6 to 8 minutes, turning halfway through cooking, until golden brown.
- Transfer from skillet to heatproof platter; cover and keep warm. Repeat with remaining 1 1/2 teaspoons oil and patties.
- Place lettuce leaf on bottom half of each roll; top with cooked patty.
- Spread each with 1 1/2 teaspoons mayonnaise over patty; top with 1 slice tomato, 1 slice onion, and roll top.

Nutrition Facts



Properties

Glycemic Index:24.18, Glycemic Load:8.41, Inflammation Score:-9, Nutrition Score:26.671739039214%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 476.71kcal (23.84%), Fat: 9.72g (14.95%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 77.34g (25.78%), Net Carbohydrates: 61.68g (22.43%), Sugar: 6.82g (7.57%), Cholesterol: 55.68mg (18.56%), Sodium: 599mg (26.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.41g (42.82%), Folate: 280.71µg (70.18%), Fiber: 15.65g (62.62%), Vitamin B1: 0.82mg (54.57%), Manganese: 1.07mg (53.59%), Selenium: 33.83µg (48.33%), Vitamin A: 2021.1IU (40.42%), Iron: 6.12mg (34.01%), Phosphorus: 331.12mg (33.11%), Vitamin B3: 5.3mg (26.51%), Vitamin B2: 0.45mg (26.49%), Magnesium: 87.95mg (21.99%), Zinc: 3.13mg (20.9%), Vitamin B6: 0.38mg (18.97%), Copper: 0.38mg (18.82%), Potassium: 654.11mg (18.69%), Vitamin B5: 1.78mg (17.76%), Calcium: 124.01mg (12.4%), Vitamin C: 10.01mg (12.14%), Vitamin E: 1.28mg (8.52%), Vitamin K: 8.93µg (8.51%), Vitamin B12: 0.18µg (2.96%), Vitamin D: 0.29µg (1.96%)