



Lentil Corn Burgers

 Vegetarian  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup breadcrumbs
- 1 tablespoon canola oil
- 2 teaspoons chipotle sauce salt-free
- 11 oz corn kernels with red and green peppers, drained canned
- 2 eggs slightly beaten
- 8 oz lentils dried rinsed
- 6 romaine leaves
- 3 tablespoons mayonnaise light

- 6 slices onion thin
- 0.3 teaspoon salt
- 6 sandwich rolls whole wheat 100% thin (4 inch)
- 6 slices tomato
- 1.5 cups water

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:14.93, Glycemic Load:3.05, Inflammation Score:-9, Nutrition Score:25.835217310035%

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: 461.63kcal (23.08%), Fat: 9.57g (14.72%), Saturated Fat: 1.6g (9.98%), Carbohydrates: 73.87g (24.62%), Net Carbohydrates: 58.42g (21.24%), Sugar: 6.76g (7.52%), Cholesterol: 55.68mg (18.56%), Sodium: 705.03mg (30.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.83g (41.66%), Folate: 287.99µg (72%), Fiber: 15.45g (61.78%), Vitamin B1: 0.79mg (52.63%), Manganese: 1.04mg (52.21%), Selenium: 34.04µg (48.62%), Vitamin A: 1907.8IU (38.16%), Iron: 6.03mg (33.49%), Phosphorus: 315.01mg (31.5%), Vitamin B2: 0.47mg (27.47%), Vitamin B3: 4.95mg (24.73%), Magnesium: 81.19mg (20.3%), Zinc: 2.98mg (19.86%), Copper: 0.37mg (18.41%), Potassium: 609.41mg (17.41%), Vitamin B6: 0.33mg (16.32%), Vitamin B5: 1.55mg (15.49%), Calcium: 124.01mg (12.4%), Vitamin C: 7.99mg (9.68%), Vitamin E: 1.28mg (8.52%), Vitamin K: 8.72µg (8.31%), Vitamin B12: 0.18µg (2.96%), Vitamin D: 0.29µg (1.96%)