



Lentil Patties or Meatless Burger



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



575 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings avocado
- ☐ 1 chickpeas canned
- ☐ 1 carrots diced peeled
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 2 garlic cloves
- ☐ 2 teaspoons ground cumin
- ☐ 1 cup lentils rinsed
- ☐ 1 onion whole

- ☐ 6 servings pita bread
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 6 servings salt and pepper
- ☐ 2 scallions finely chopped
- ☐ 3 cups vegetable broth
- ☐ 6 servings vegetable oil to cook the patties

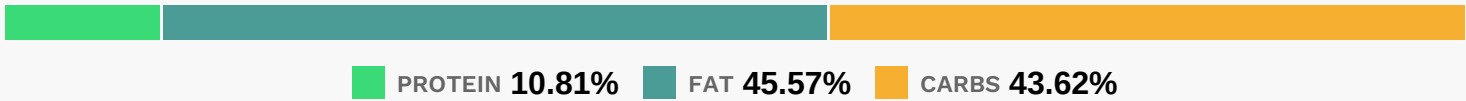
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ pot
- ☐ potato masher

Directions

- ☐ Place the lentils and broth in a medium pot, bring to a boil and reduce the heat to medium-low and simmer for about 10 minutes, adding more broth or water if necessary.
- ☐ Drain the lentils, discard the vegetables and set aside to cool. Meanwhile using a potato masher or a fork, puree the chickpeas. In a large bowl mix the chickpeas, onions, scallions, ground cumin and fresh cilantro and season with salt and pepper.
- ☐ Add the cooled lentils and mix well. Make some patties and place on a plate lined with parchment paper.
- ☐ Place in the fridge for about 30 minutes.
- ☐ Place about 2 tablespoons of vegetable oil in a frying pan. Fry the patties until golden on all sides.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:75.29, Glycemic Load:33.75, Inflammation Score:-9, Nutrition Score:27.04391315709%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 575.28kcal (28.76%), Fat: 29.94g (46.06%), Saturated Fat: 4.44g (27.72%), Carbohydrates: 64.48g (21.49%), Net Carbohydrates: 45.84g (16.67%), Sugar: 3.95g (4.39%), Cholesterol: 0mg (0%), Sodium: 983.57mg (42.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.99g (31.98%), Fiber: 18.64g (74.56%), Folate: 259.1µg (64.78%), Vitamin K: 60.47µg (57.59%), Vitamin A: 2395.4IU (47.91%), Manganese: 0.93mg (46.61%), Vitamin B1: 0.52mg (34.88%), Potassium: 960.92mg (27.45%), Vitamin C: 22.61mg (27.4%), Phosphorus: 267.92mg (26.79%), Vitamin B6: 0.52mg (26.12%), Iron: 4.38mg (24.33%), Vitamin E: 3.6mg (24.02%), Copper: 0.48mg (23.85%), Vitamin B5: 2.38mg (23.79%), Magnesium: 90.11mg (22.53%), Vitamin B3: 4.02mg (20.11%), Zinc: 2.78mg (18.5%), Vitamin B2: 0.28mg (16.21%), Calcium: 97.61mg (9.76%), Selenium: 3.37µg (4.82%)