



Lentil Patties with Lettuce and Yogurt

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup breadcrumbs fresh
- ☐ 4 servings cayenne pepper as needed for serving ()
- ☐ 4 servings coarse salt as needed
- ☐ 2 tablespoon flat-leaf parsley leaves fresh plus more for serving) chopped
- ☐ 2 tablespoon olive oil extra-virgin plus more for serving)
- ☐ 0.5 cup yogurt plain

Equipment

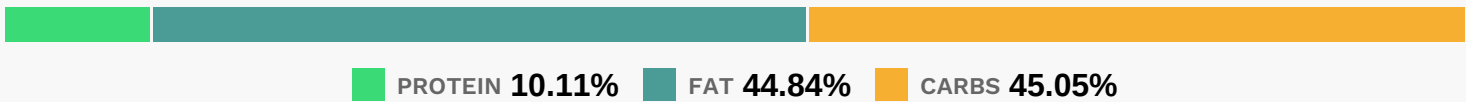
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Bring lentils and 3 cups water to a boil in a medium saucepan. Reduce heat, season with salt, and simmer until lentils are tender, about 20 minutes.
- ☐ Drain and let cool. (If not using lentils immediately, let cool and then refrigerate in cooking liquid up to 5 days.)
- ☐ Combine lentils, ½ teaspoon salt, diced red onion, eggs, breadcrumbs, and parsley in a medium bowl.
- ☐ Transfer half of mixture to a food processor; pulse until smooth (or mash with a potato masher). Fold into remaining lentil mixture until well combined. Using a ¼-cup measure as a scoop, shape mixture into eight 2 ½-inch patties.
- ☐ Heat a heavy, large skillet over medium-high heat.
- ☐ Add oil and swirl to coat bottom.
- ☐ Add patties in a single layer, working in batches if necessary. Cook, turning once, until crisp and brown, about 4 minutes.
- ☐ Transfer patties to serving plates and let cool slightly. Divide lettuce leaves among serving plates; top with lentil patties. Divide yogurt among plates. Season with salt, sprinkle with cayenne, and drizzle with olive oil.
- ☐ Garnish with caper berries, sliced onion, and parsley.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:0.48, Inflammation Score:-7, Nutrition Score:9.1856521711401%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 194.29kcal (9.71%), Fat: 9.79g (15.06%), Saturated Fat: 2g (12.5%), Carbohydrates: 22.12g (7.37%), Net Carbohydrates: 20.3g (7.38%), Sugar: 3.32g (3.69%), Cholesterol: 3.98mg (1.33%), Sodium: 407.38mg (17.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.93%), Vitamin K: 40.46µg (38.54%), Vitamin A: 1031IU (20.62%), Vitamin B1: 0.28mg (18.55%), Manganese: 0.29mg (14.65%), Vitamin E: 1.66mg (11.06%), Selenium: 7.66µg (10.94%), Vitamin B2: 0.17mg (10.16%), Vitamin B3: 2.01mg (10.07%), Calcium: 92.38mg (9.24%), Iron: 1.64mg (9.11%), Folate: 36.19µg (9.05%), Phosphorus: 80.66mg (8.07%), Fiber: 1.83g (7.3%), Vitamin C: 4.34mg (5.26%), Magnesium: 19.33mg (4.83%), Vitamin B6: 0.09mg (4.66%), Potassium: 151.86mg (4.34%), Zinc: 0.64mg (4.29%), Copper: 0.08mg (4.11%), Vitamin B12: 0.21µg (3.46%), Vitamin B5: 0.28mg (2.76%)