



Lentil Patties with Yogurt Sauce

 Vegetarian

READY IN



46 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup rice white cooked
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.8 cup lentils dried
- ☐ 0.3 cup breadcrumbs dry
- ☐ 2 large egg whites
- ☐ 2 garlic cloves chopped
- ☐ 2 teaspoons ground cumin

- ☐ 0.3 teaspoon kosher salt
- ☐ 3 tablespoons olive oil divided
- ☐ 4 cups water
- ☐ 4 servings yogurt sauce

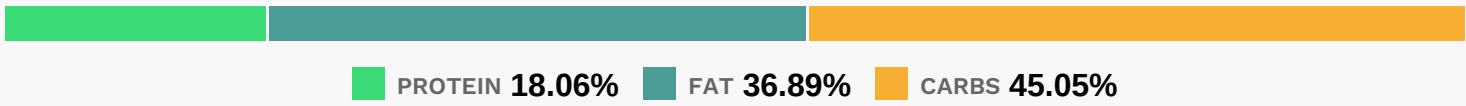
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place lentils and 4 cups water in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until lentils are tender.
- ☐ Drain well.
- ☐ Combine breadcrumbs and next 5 ingredients in a food processor; process until blended.
- ☐ Add lentils, rice, 1 tablespoon oil, and egg whites; process until coarsely chopped.
- ☐ Divide mixture into 8 (1/4-cup) portions, and shape each into a 1/4-inch-thick patty.
- ☐ Heat remaining oil in a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add patties; cook 3 minutes on each side or until browned.
- ☐ Serve with Yogurt Sauce.

Nutrition Facts



Properties

Glycemic Index:54.9, Glycemic Load:5.79, Inflammation Score:-6, Nutrition Score:14.667826189052%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 284.48kcal (14.22%), Fat: 11.72g (18.03%), Saturated Fat: 1.67g (10.42%), Carbohydrates: 32.2g (10.73%), Net Carbohydrates: 20.52g (7.46%), Sugar: 1.51g (1.68%), Cholesterol: 0.13mg (0.04%), Sodium: 259.43mg (11.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.91g (25.82%), Fiber: 11.68g (46.72%), Folate: 183.33µg (45.83%), Manganese: 0.69mg (34.45%), Vitamin B1: 0.41mg (27.62%), Iron: 3.99mg (22.15%), Phosphorus: 193.11mg (19.31%), Magnesium: 57.9mg (14.48%), Copper: 0.28mg (13.79%), Selenium: 9.64µg (13.77%), Zinc: 2.01mg (13.41%), Vitamin E: 1.83mg (12.21%), Vitamin B6: 0.24mg (12.21%), Potassium: 423.91mg (12.11%), Vitamin B2: 0.19mg (11.46%), Vitamin B5: 0.91mg (9.07%), Vitamin K: 9.27µg (8.82%), Vitamin B3: 1.68mg (8.4%), Calcium: 60.68mg (6.07%), Vitamin C: 2.14mg (2.59%), Vitamin A: 102.67IU (2.05%)