



Lentil Veggie Burgers

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs plain
- ☐ 4 servings burger fixings such as lettuce leaves, sliced tomatoes, pickles, and onions, and ketchup and mustard
- ☐ 0.3 cup carrots grated
- ☐ 0.5 cup coarsely cheddar cheese grated
- ☐ 2 cups lentils cooked
- ☐ 2 large egg whites
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 cup green onion chopped

- ☐ 0.8 cup greens such as spinach or kale cooked chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

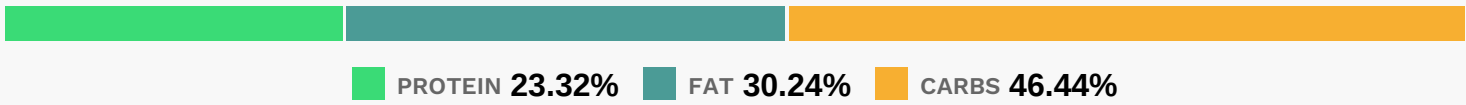
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix all ingredients except the oil and fixings together in a medium bowl. Form into 4 patties. Chill at least 20 minutes and up to 1 day, covered.
- ☐ Heat oil in a large nonstick frying pan over medium heat. Cook burgers, turning only once, until browned and hot inside, about 5 minutes total.
- ☐ Serve each patty with fixings.
- ☐ *Find cooked lentils in vacuum packs at Trader Joe's or other well-stocked grocery stores.

Nutrition Facts



Properties

Glycemic Index:43.13, Glycemic Load:4.08, Inflammation Score:-10, Nutrition Score:19.8295652063%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 277.26kcal (13.86%), Fat: 9.47g (14.57%), Saturated Fat: 3.42g (21.37%), Carbohydrates: 32.73g (10.91%), Net Carbohydrates: 23.58g (8.57%), Sugar: 3.56g (3.95%), Cholesterol: 14.13mg (4.71%), Sodium: 526.79mg (22.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.43g (32.86%), Vitamin A: 3411.77IU (68.24%), Folate: 214.9µg (53.72%), Manganese: 0.76mg (37.86%), Fiber: 9.15g (36.61%), Phosphorus: 284.59mg (28.46%), Iron: 4.43mg (24.62%), Vitamin B1: 0.34mg (22.63%), Selenium: 13.79µg (19.7%), Vitamin K: 19.42µg (18.5%), Vitamin B2: 0.3mg

(17.63%), Calcium: 162.91mg (16.29%), Copper: 0.31mg (15.47%), Potassium: 539.74mg (15.42%), Zinc: 2.1mg (13.99%), Magnesium: 53.95mg (13.49%), Vitamin B6: 0.25mg (12.75%), Vitamin C: 9.2mg (11.15%), Vitamin B3: 2.22mg (11.12%), Vitamin B5: 0.84mg (8.38%), Vitamin E: 0.89mg (5.96%), Vitamin B12: 0.21µg (3.53%)