



Meatless Walnut Hamburgers



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons soybean oil
- ☐ 2 large eggs
- ☐ 1 garlic clove pressed
- ☐ 0.5 cup onion finely chopped
- ☐ 1 cup quick-cooking oats uncooked
- ☐ 0.5 teaspoon rubbed sage
- ☐ 0.5 teaspoon salt
- ☐ 4 sandwich buns whole wheat

- ☐ 0.5 cup walnuts
- ☐ 0.5 cup water
- ☐ 3 tablespoons water

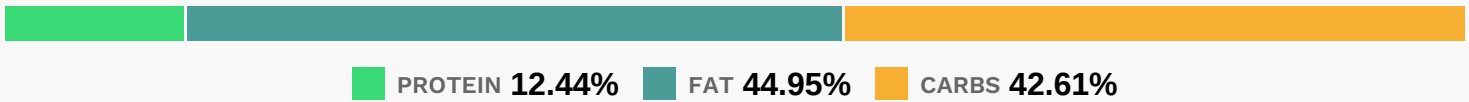
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine eggs and water in a large bowl, stirring with a fork. Stir in oats and next 5 ingredients. Shape mixture into 4 patties.
- ☐ Pour oil into a large nonstick skillet, and cook over medium-high heat until hot.
- ☐ Add patties, and cook 3 minutes on each side or until lightly browned.
- ☐ Add 1/2 cup water; cover, reduce heat, and simmer 10 minutes or until water evaporates.
- ☐ Serve patties on buns with lettuce, tomato slices, and mayonnaise or salad dressing.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:8.43, Inflammation Score:-6, Nutrition Score:18.296087130256%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 442.88kcal (22.14%), Fat: 22.58g (34.74%), Saturated Fat: 3.3g (20.6%), Carbohydrates: 48.17g (16.06%), Net Carbohydrates: 43.61g (15.86%), Sugar: 2.63g (2.92%), Cholesterol: 93mg (31%), Sodium: 640.14mg (27.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.12%), Manganese: 1.68mg (83.98%), Selenium: 37.78µg (53.97%), Vitamin B1: 0.45mg (30.17%), Phosphorus: 256.9mg (25.69%), Magnesium: 98.88mg (24.72%), Folate: 90.58µg (22.64%), Copper: 0.44mg (21.77%), Vitamin B2: 0.36mg (21.08%), Iron: 3.74mg (20.75%), Fiber:

4.56g (18.23%), Vitamin B3: 2.79mg (13.97%), Vitamin K: 14.27µg (13.59%), Zinc: 2.01mg (13.38%), Calcium: 99.58mg (9.96%), Vitamin B6: 0.19mg (9.74%), Vitamin B5: 0.87mg (8.73%), Vitamin E: 1.31mg (8.72%), Potassium: 265.53mg (7.59%), Vitamin B12: 0.22µg (3.71%), Vitamin D: 0.5µg (3.33%), Vitamin A: 139.13IU (2.78%), Vitamin C: 1.91mg (2.31%)