



HEALTH SCORE

73%

Mushroom & chickpea burgers



Vegetarian



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 250 g pack chestnut mushroom finely chopped
- ☐ 2 garlic clove crushed
- ☐ 1 bunch spring onion sliced
- ☐ 1 tbsp curry powder
- ☐ 0.5 lemon zest
- ☐ 400 g chickpeas rinsed drained canned
- ☐ 85 g breadcrumbs fresh

- ☐ 6 tbsp greek yogurt 0%
- ☐ 1 pinch ground cumin
- ☐ 2 portugese rolls toasted halved
- ☐ 2 plum tomatoes sliced
- ☐ 1 handful arugula

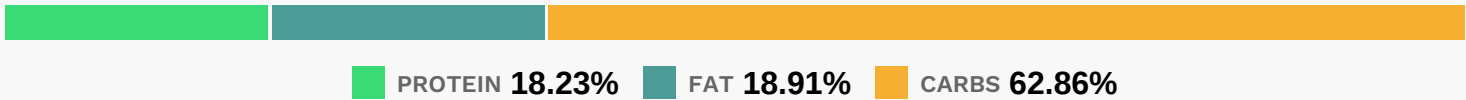
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ potato masher

Directions

- ☐ Heat 1 tsp oil in a non-stick frying pan and cook the mushroom, garlic and spring onion for 5 mins.
- ☐ Mix in the curry powder, lemon zest and juice and cook for 2 mins or until mixture looks quite dry. Tip out onto a plate to cool slightly.
- ☐ Use a potato masher or fork to mash the chickpeas in a bowl, leaving a few chunky pieces.
- ☐ Add the mushroom mix and the crumbs, then shape into 4 patties. Fry in the remaining oil for 3-4 mins on each side until crisp and browned.
- ☐ Mix the yogurt with the cumin.
- ☐ Place half a muffin on each plate, then spread with the yogurt. Top with the burgers, a few slices of tomato and a little rocket.

Nutrition Facts



Properties

Glycemic Index:60.19, Glycemic Load:17.18, Inflammation Score:-8, Nutrition Score:25.846956622341%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 409.52kcal (20.48%), Fat: 8.8g (13.54%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 65.85g (21.95%), Net Carbohydrates: 55.15g (20.05%), Sugar: 11.24g (12.49%), Cholesterol: 1.13mg (0.38%), Sodium: 325.75mg (14.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.1g (38.19%), Manganese: 1.47mg (73.53%), Iron: 10.29mg (57.15%), Folate: 227.85µg (56.96%), Fiber: 10.71g (42.83%), Selenium: 28.07µg (40.1%), Copper: 0.77mg (38.39%), Phosphorus: 328.93mg (32.89%), Vitamin B2: 0.54mg (31.76%), Vitamin K: 29.43µg (28.03%), Vitamin B1: 0.41mg (27.36%), Vitamin B3: 4.66mg (23.29%), Potassium: 784.85mg (22.42%), Magnesium: 76.78mg (19.19%), Zinc: 2.83mg (18.86%), Vitamin B6: 0.32mg (15.9%), Calcium: 154.24mg (15.42%), Vitamin B5: 1.48mg (14.81%), Vitamin C: 9.04mg (10.96%), Vitamin E: 1.45mg (9.68%), Vitamin A: 480.96IU (9.62%), Vitamin B12: 0.29µg (4.91%)