



Mushroom Kasha Burgers with Chipotle Mayonnaise

 Vegetarian

READY IN



120 min.

SERVINGS



4

CALORIES



623 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup coarse kasha whole (roasted buckwheat groats)
- ☐ 1.5 cups bread crumbs dry divided fine
- ☐ 1 large eggs lightly beaten
- ☐ 3 tablespoons flat-leaf parsley finely chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup olive oil

- ☐ 1 cup onion finely chopped
- ☐ 1 pound portabella mushrooms
- ☐ 1 cup bell pepper red finely chopped
- ☐ 8 large oval rye bread lightly toasted cut into 4 1/2-inch rounds if desired,
- ☐ 1 teaspoon soya sauce
- ☐ 1 tablespoon tabasco chipotle sauce to taste
- ☐ 3 tablespoons butter unsalted
- ☐ 0.7 cup water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil

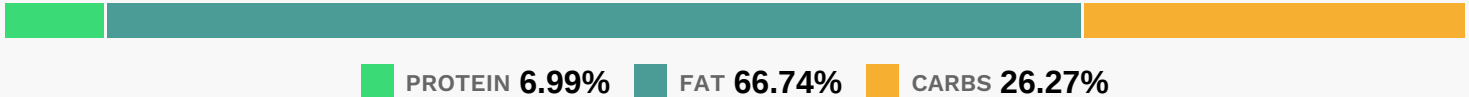
Directions

- ☐ Bring water to a boil in a 1- to 1 1/2-quart heavy saucepan, then stir in kasha. Cover and reduce heat to low, then cook until kasha is tender and water is absorbed, about 10 minutes.
- ☐ Transfer to a bowl and cool.
- ☐ Break one third of mushrooms into a food processor and pulse until finely chopped, then transfer to a bowl. Repeat with remaining 2 batches of mushrooms, transferring to bowl.
- ☐ Cook onion and bell pepper in butter in a 12-inch heavy skillet over medium heat, stirring occasionally, until softened, about 5 minutes.
- ☐ Add chopped mushrooms, garlic, 3/4 teaspoon salt, and 1/2 teaspoon pepper and cook over medium-high heat, stirring occasionally, until any liquid mushrooms give off is evaporated and

mushrooms begin to brown, 8 to 10 minutes.

- ☐ Transfer mixture to a large bowl, then stir in kasha, parsley, soy sauce, and 1/2 cup bread crumbs until combined well. Cool 10 minutes, then stir in egg until combined well.
- ☐ Line a platter with foil.
- ☐ Spread remaining cup bread crumbs in a shallow baking dish.
- ☐ Form one fourth of mushroom mixture (about 3/4 cup) into a 3/4-inch-thick patty (3 1/2 inches in diameter), then dredge in bread crumbs, knocking off excess, and transfer to platter. Form and dredge 3 more patties, transferring to platter. Chill patties, loosely covered with plastic wrap, 1 hour.
- ☐ Heat oil in cleaned 12-inch heavy skillet over medium-high heat until it shimmers, then fry patties, turning over once, until deep golden, about 4 minutes total.
- ☐ Transfer patties to paper towels to drain (patties will be soft).
- ☐ Meanwhile, whisk together mayonnaise and chipotle sauce.
- ☐ Spread bread with chipotle mayonnaise and sandwich each mushroom patty between 2 slices.
- ☐ Patties can be formed, without bread-crumbs coating, 12 hours ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:59.58, Glycemic Load:2, Inflammation Score:-9, Nutrition Score:27.753478008768%

Flavonoids

Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg

Nutrients (% of daily need)

Calories: 623.26kcal (31.16%), Fat: 46.96g (72.24%), Saturated Fat: 11.54g (72.11%), Carbohydrates: 41.57g (13.86%), Net Carbohydrates: 36.54g (13.29%), Sugar: 9g (10%), Cholesterol: 80.83mg (26.95%), Sodium: 10123.5mg (440.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.14%), Vitamin K: 108.53µg (103.36%),

Vitamin C: 57.54mg (69.74%), Selenium: 36.99µg (52.85%), Vitamin B3: 8.4mg (42.01%), Vitamin A: 1773.45IU (35.47%), Vitamin B1: 0.52mg (34.78%), Manganese: 0.63mg (31.47%), Folate: 114.68µg (28.67%), Vitamin E: 3.92mg (26.15%), Vitamin B2: 0.44mg (25.61%), Phosphorus: 252.57mg (25.26%), Copper: 0.49mg (24.74%), Vitamin B6: 0.43mg (21.4%), Fiber: 5.03g (20.11%), Vitamin B5: 1.97mg (19.74%), Potassium: 690.41mg (19.73%), Iron: 3.31mg (18.37%), Calcium: 117.12mg (11.71%), Zinc: 1.67mg (11.15%), Magnesium: 31.95mg (7.99%), Vitamin B12: 0.36µg (6.02%), Vitamin D: 0.8µg (5.36%)