

# Mushroom Kasha Burgers with Chipotle Mayonnaise



## 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	
Eq	uipment	
	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 11/2-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-crumb coating, 12 hours ahead and chilled, covered.		
Nutrition Facts		
PROTEIN <b>6.99%</b> FAT <b>66.74%</b> CARBS <b>26.27%</b>		

### **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: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Quercetin: 8.24mg, 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%)