



Mushroom Lentil Burgers

 Vegetarian

READY IN



28 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup baby arugula
- ☐ 8 ounce skinned urad dal black (such as Archer Farms)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 6 ounces crimini mushrooms
- ☐ 4 teaspoons dijon mustard divided
- ☐ 1 large eggs lightly beaten
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 2 garlic clove chopped

- ☐ 1 ounce goat cheese crumbled
- ☐ 5 hawaiian rolls whole-wheat divided toasted
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 tablespoons mayonnaise
- ☐ 1 tablespoon olive oil extra virgin extra-virgin divided
- ☐ 0.8 cup onion chopped

Equipment

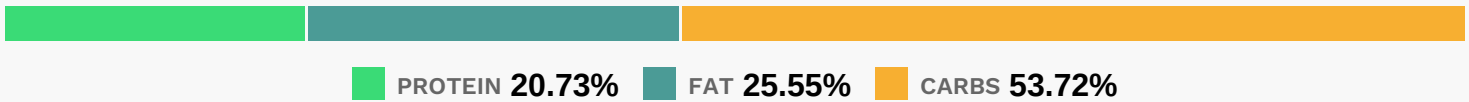
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 teaspoon oil to pan; swirl to coat.
- ☐ Add onion and garlic; saut 3 minutes or until onion is tender.
- ☐ Remove from heat.
- ☐ Place 1 bun in a food processor; process until coarse crumbs form.
- ☐ Remove breadcrumbs from food processor; set aside.
- ☐ Combine mushrooms, lentils, 2 teaspoons mustard, and the next 3 ingredients (through salt) in food processor; pulse to combine.
- ☐ Combine onion mixture, breadcrumbs, mushroom mixture, and egg in a large bowl, stirring well. Divide mixture into 4 equal portions, gently shaping each into a 1/2-inch-thick patty.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add the remaining 2 teaspoons oil to pan; swirl to coat.
- ☐ Add patties; cook for 4 minutes on each side or until browned.

- ☐ Remove patties from pan; arrange in a single layer on a baking sheet.
- ☐ Sprinkle patties evenly with cheese.
- ☐ Place under broiler for 2 minutes or until cheese is softened.
- ☐ Combine canola mayonnaise and remaining 2 teaspoons mustard in a small bowl.
- ☐ Spread the top half of each of the remaining 4 buns with 2 teaspoons mayonnaise mixture.
Top each bottom half of bun with 1 patty. Divide arugula evenly among burgers; top with top half of bun, mayonnaise-coated side down.

Nutrition Facts



Properties

Glycemic Index:77.5, Glycemic Load:16.98, Inflammation Score:-8, Nutrition Score:17.208261033763%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 454.46kcal (22.72%), Fat: 12.96g (19.93%), Saturated Fat: 3.02g (18.86%), Carbohydrates: 61.29g (20.43%), Net Carbohydrates: 47.72g (17.35%), Sugar: 6.19g (6.88%), Cholesterol: 51.97mg (17.32%), Sodium: 551.33mg (23.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.64g (47.29%), Fiber: 13.56g (54.25%), Selenium: 31.92µg (45.59%), Iron: 7.09mg (39.38%), Vitamin B2: 0.47mg (27.85%), Manganese: 0.51mg (25.53%), Vitamin B1: 0.37mg (24.72%), Vitamin B3: 4mg (20.02%), Folate: 77.16µg (19.29%), Copper: 0.36mg (18.19%), Phosphorus: 168.46mg (16.85%), Vitamin K: 16.76µg (15.97%), Calcium: 158.46mg (15.85%), Potassium: 352.24mg (10.06%), Vitamin B5: 0.97mg (9.66%), Vitamin C: 7.76mg (9.41%), Vitamin B6: 0.18mg (9.21%), Zinc: 1.23mg (8.19%), Magnesium: 27.86mg (6.96%), Vitamin E: 1.01mg (6.72%), Vitamin A: 259.99IU (5.2%), Vitamin B12: 0.28µg (4.68%), Vitamin D: 0.33µg (2.21%)