



Nutburgers

 Vegetarian  Dairy Free

READY IN



270 min.

SERVINGS



6

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bulgur
- 0.8 cup cashew nuts
- 1 teaspoon chili powder
- 1.1 cups eggs
- 2 cloves garlic minced
- 1 dash pepper sauce hot
- 0.1 cup soya sauce
- 0.8 cup sunflower seeds unsalted

0.8 cup water

Equipment

food processor

bowl

sauce pan

grill

aluminum foil

Directions

In a saucepan, bring the water, bulgur, and soy sauce to a boil.

Remove from heat, cover, and set aside for 10 minutes, or until all the liquid has been absorbed.

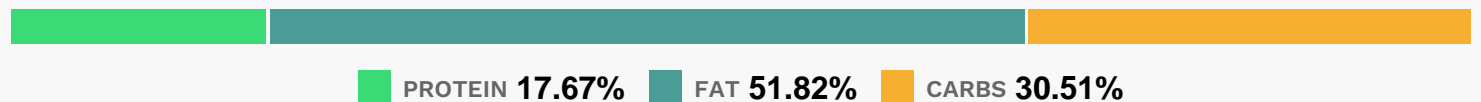
Grind cashews and sunflower seeds in a food processor to a fine meal.

In a large bowl, mix the cooked bulgur, ground cashews and sunflower seeds, eggs, chili powder, garlic, and hot pepper sauce. Cover, and refrigerate for 4 hours to blend flavors.

Prepare the grill for medium heat.

Form the bulgur mixture into 6 patties. To prevent the patties from crumbling, spray a piece of foil with cooking spray, and place on the grill. Grill the patties 10 minutes, turning once, or until heated through and browned. Cooking time may vary according to thickness of patties and heat level.

Nutrition Facts



Properties

Glycemic Index:22.87, Glycemic Load:7.92, Inflammation Score:-7, Nutrition Score:21.194347848063%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 337.28kcal (16.86%), Fat: 20.39g (31.37%), Saturated Fat: 3.49g (21.82%), Carbohydrates: 27.02g (9.01%), Net Carbohydrates: 20.6g (7.49%), Sugar: 1.77g (1.97%), Cholesterol: 169.49mg (56.5%), Sodium: 349.65mg (15.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.64g (31.29%), Manganese: 1.36mg (68.2%), Vitamin E: 6.66mg (44.38%), Copper: 0.78mg (39.2%), Selenium: 26.86µg (38.37%), Phosphorus: 375.2mg (37.52%), Magnesium: 148.23mg (37.06%), Vitamin B1: 0.39mg (26.28%), Fiber: 6.42g (25.67%), Vitamin B6: 0.48mg (23.94%), Iron: 3.52mg (19.54%), Zinc: 2.86mg (19.05%), Vitamin B2: 0.32mg (18.56%), Folate: 70.76µg (17.69%), Vitamin B3: 3.03mg (15.16%), Vitamin B5: 1.3mg (12.98%), Potassium: 393.79mg (11.25%), Vitamin A: 355.46IU (7.11%), Vitamin B12: 0.41µg (6.76%), Vitamin K: 6.45µg (6.14%), Vitamin D: 0.91µg (6.08%), Calcium: 57.48mg (5.75%)