



Perfect Veggie Burgers

 Vegetarian  Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 tablespoons barbecue sauce
- 0.3 cup breadcrumbs
- 1 cup black beans drained and rinsed canned
- 1 medium carrots finely grated
- 1 small stalk celery chopped
- 2 large egg whites
- 2 tablespoons parsley fresh chopped
- 2 cloves garlic chopped

- 6 servings kosher salt
- 3 tablespoons olive oil extra-virgin
- 1 small onion chopped
- 6 servings onion rings for topping
- 0.3 cup quick-cooking barley
- 2 teaspoons soya sauce
- 6 buns split soft
- 0.3 cup walnuts chopped

Equipment

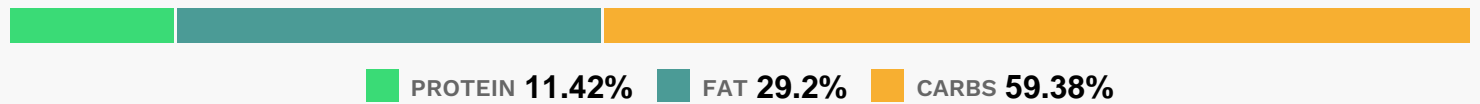
- food processor
- frying pan
- baking sheet
- baking paper
- broiler
- broiler pan

Directions

- Prepare the barley as the label directs.
- Let cool completely.
- Heat 2 tablespoons olive oil in a large skillet over medium heat.
- Add the onion, celery and a pinch of salt; cook, stirring occasionally, until golden, 12 to 14 minutes.
- Add the garlic, 3 tablespoons barbecue sauce and the carrot; cook, stirring, until the mixture dries out slightly, 1 to 2 minutes.
- Transfer to a food processor and let cool completely.
- Add the barley, beans, breadcrumbs, walnuts, soy sauce, egg whites, parsley and 1/2 teaspoon salt to the food processor. Pulse until finely ground with some chunks. Form into six 4-inch-wide, 1/2-inch-thick patties and place on a baking sheet lined with parchment paper. Cover and refrigerate until firm, 1 to 4 hours.

- Preheat the broiler.
- Heat the remaining 1 tablespoon olive oil in a large nonstick skillet over medium heat. Working in batches, cook the patties until golden brown, about 6 minutes per side. Meanwhile, place the buns, cut-side up, on a broiler pan and broil until toasted, 1 to 2 minutes.
- Serve the patties on the buns; top with the remaining 2 tablespoons barbecue sauce and onion rings.
- Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:50.47, Glycemic Load:24.88, Inflammation Score:-9, Nutrition Score:14.995652064033%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Apigenin: 2.97mg, Apigenin: 2.97mg, Apigenin: 2.97mg, Apigenin: 2.97mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 13.59mg, Quercetin: 13.59mg, Quercetin: 13.59mg, Quercetin: 13.59mg

Nutrients (% of daily need)

Calories: 431.73kcal (21.59%), Fat: 14.19g (21.84%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 64.95g (21.65%), Net Carbohydrates: 57.79g (21.02%), Sugar: 13.28g (14.76%), Cholesterol: 0mg (0%), Sodium: 934.63mg (40.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.49g (24.99%), Iron: 12.42mg (68.99%), Vitamin A: 1862.47IU (37.25%), Manganese: 0.64mg (32.16%), Fiber: 7.16g (28.63%), Vitamin K: 29.61µg (28.2%), Copper: 0.27mg (13.64%), Selenium: 9.3µg (13.28%), Folate: 51.6µg (12.9%), Vitamin B1: 0.19mg (12.51%), Phosphorus: 120.95mg (12.09%), Magnesium: 44.69mg (11.17%), Vitamin B6: 0.21mg (10.6%), Vitamin C: 8.65mg (10.49%), Potassium: 364.57mg (10.42%), Vitamin B2: 0.17mg (9.91%), Vitamin E: 1.28mg (8.51%), Vitamin B3: 1.55mg (7.74%), Calcium: 66.64mg (6.66%), Zinc: 0.88mg (5.89%), Vitamin B5: 0.33mg (3.35%)