



Quinoa Burgers



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup quinoa rinsed uncooked drained well
- ☐ 1 cup chicken broth (from 32-oz carton)
- ☐ 0.5 cup onion red finely chopped
- ☐ 0.5 cup bell pepper green finely chopped
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 0.5 cup carrots finely grated
- ☐ 0.5 cup zucchini shredded
- ☐ 2 eggs

- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 serving salt and pepper freshly ground to taste
- ☐ 0.5 cup vegetable oil
- ☐ 1 serving the salad mixed
- ☐ 3 tablespoons frangelico

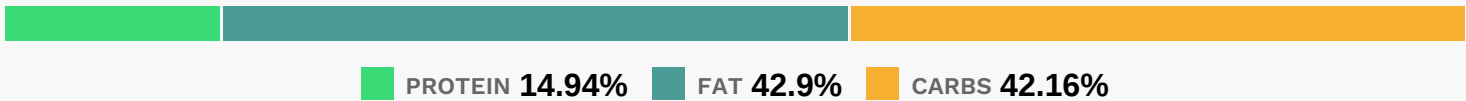
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, heat quinoa and broth to boiling; reduce heat. Cover; simmer 15 to 20 minutes or until all broth is absorbed. Cool.
- ☐ In large bowl, mix cooled quinoa, onion, bell peppers, carrots, zucchini and eggs.
- ☐ Add Bisquick mix, dill, salt and pepper; mix well.
- ☐ In 12-inch skillet, heat oil over medium-high heat. Drop quinoa mixture by 1/4 cupfuls into hot oil; flatten slightly into patties. Cook 6 to 8 minutes, turning once, until golden brown.
- ☐ Drain on paper towels.
- ☐ Serve burgers on mixed greens.

Nutrition Facts



Properties

Glycemic Index:18.23, Glycemic Load:0.63, Inflammation Score:-8, Nutrition Score:7.8586955588797%

Flavonoids

Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg,

Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 94.38kcal (4.72%), Fat: 4.58g (7.05%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 8.55g (3.11%), Sugar: 1.78g (1.98%), Cholesterol: 41.51mg (13.84%), Sodium: 157.88mg (6.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Vitamin A: 1800.34IU (36.01%), Vitamin C: 23.21mg (28.13%), Manganese: 0.3mg (15.02%), Folate: 37.14µg (9.28%), Phosphorus: 86.42mg (8.64%), Vitamin B6: 0.16mg (7.91%), Vitamin B2: 0.13mg (7.6%), Vitamin K: 7.62µg (7.26%), Magnesium: 28.53mg (7.13%), Selenium: 4.5µg (6.43%), Fiber: 1.57g (6.28%), Vitamin E: 0.86mg (5.7%), Potassium: 185.63mg (5.3%), Vitamin B1: 0.07mg (4.94%), Iron: 0.88mg (4.89%), Copper: 0.1mg (4.85%), Zinc: 0.6mg (3.99%), Vitamin B5: 0.35mg (3.48%), Vitamin B3: 0.52mg (2.62%), Calcium: 20.86mg (2.09%), Vitamin B12: 0.1µg (1.73%), Vitamin D: 0.22µg (1.47%)