



Savory Lentil-Mushroom Burgers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons chia seeds
- 2 cups green lentils green cooked drained well (or brown)
- 0.5 teaspoon basil dried
- 0.3 teaspoon thyme dried
- 3 cloves garlic
- 6 ounces mushrooms washed
- 0.3 cup rolled oats gluten-free (certified , if necessary)
- 1 medium onion

- 0.5 teaspoon oregano dried
- 6 servings pepper black generous
- 2 tablespoons potato flour (see note below)
- 0.5 teaspoon salt to taste (optional or)
- 0.5 teaspoon paprika smoked
- 1 tablespoon soya sauce for soy-free (omit)
- 1 tablespoon tomato paste
- 3 tablespoons water

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- spatula

Directions

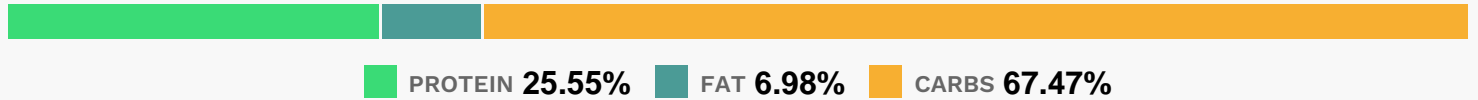
- Mix the chia seeds and warm water in a small bowl and set aside. Chop the onion finely.
- Place the mushrooms into the food processor and pulse until they are finely minced. Mince the garlic.
- Heat a non-stick skillet over medium-high heat.
- Add the onions and cook until they begin to brown, adding a splash of water if they begin to stick. Stir in the mushrooms and garlic and another splash of water. Cover and cook until the mushrooms soften (about 2–3 minutes), stirring often. When the mushrooms have softened, transfer them to the food processor and add the lentils. Pulse until the lentils are just combined with the mushrooms.
- Add the chia seed mixture and all remaining ingredients and pulse to combine well. It's okay if a few lentils remain whole, but the mixture should be more sticky than crumbly. If it seems too

wet, add a little more oats. Scrape the mixture into a bowl and set aside for about 15 minutes. Preheat the oven to 375F and line a baking sheet with a silicone mat or with parchment paper. Shape the burger mixture into 6 patties, each about 3 inches wide and 3/4 inch thick.

Place them on the prepared pan and bake for about 30 minutes. Since ovens can vary, check them after 25 minutes to make sure they are firm in the middle but not burning and give extra time if necessary. Use a spatula to remove the burgers from the baking sheet.

Serve at once or refrigerate for later use.

Nutrition Facts



Properties

Glycemic Index:45.11, Glycemic Load:4.84, Inflammation Score:-6, Nutrition Score:12.835217240064%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 145.82kcal (7.29%), Fat: 1.19g (1.83%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 25.84g (8.61%), Net Carbohydrates: 17.58g (6.39%), Sugar: 3.31g (3.68%), Cholesterol: 0mg (0%), Sodium: 389.01mg (16.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.79g (19.58%), Folate: 155.58µg (38.89%), Manganese: 0.72mg (35.92%), Fiber: 8.26g (33.05%), Phosphorus: 215.71mg (21.57%), Iron: 3.55mg (19.71%), Copper: 0.36mg (17.79%), Potassium: 505.56mg (14.44%), Vitamin B1: 0.21mg (13.82%), Vitamin B6: 0.25mg (12.71%), Magnesium: 49.57mg (12.39%), Vitamin B3: 2.39mg (11.93%), Vitamin B2: 0.2mg (11.86%), Selenium: 7.41µg (10.59%), Vitamin B5: 1.04mg (10.45%), Zinc: 1.49mg (9.93%), Vitamin C: 4.34mg (5.26%), Vitamin K: 5.31µg (5.06%), Calcium: 43.3mg (4.33%), Vitamin A: 135.87IU (2.72%), Vitamin E: 0.33mg (2.22%)