



Smoked Cheddar and Lentil Burgers

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula trimmed
- ☐ 2 bay leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup carrots finely chopped
- ☐ 1 cup lentils dried
- ☐ 0.5 cup breadcrumbs dry
- ☐ 3 large egg whites lightly beaten
- ☐ 2 teaspoons thyme leaves fresh chopped

- ☐ 0.8 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion finely chopped
- ☐ 0.8 teaspoon paprika
- ☐ 1.3 teaspoons salt
- ☐ 2 ounce sandwich buns whole wheat toasted
- ☐ 4 ounces cheddar cheese smoked shredded
- ☐ 8 teaspoons mustard stone-ground
- ☐ 2 inch tomatoes
- ☐ 2.5 cups water

Equipment

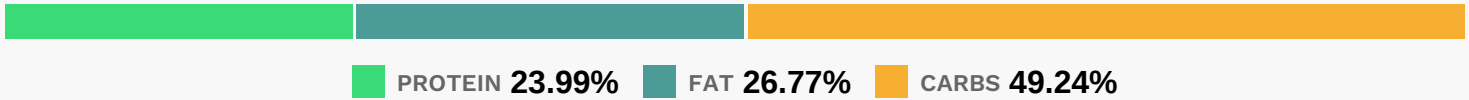
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher
- ☐ grill pan

Directions

- ☐ Place first 3 ingredients in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until tender; drain. Discard bay leaves.
- ☐ Place lentils in a large bowl; partially mash with a potato masher. Cool slightly.
- ☐ Heat oil in a medium nonstick skillet over medium-high heat.
- ☐ Add onion and carrot; saut 5 minutes or until tender. Cool slightly.
- ☐ Add onion mixture, cheese, and next 8 ingredients (cheese through egg whites) to lentils; stir well to combine. Cover and chill 45 minutes. Divide mixture into 8 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Heat a grill pan coated with cooking spray over medium-high heat.

- ☐ Add half of patties, and cook 5 minutes on each side or until done. Repeat procedure with remaining patties.
- ☐ Spread 1 teaspoon mustard on top half of each bun.
- ☐ Place 1 patty on bottom half of each bun, and top each serving with 1 tomato slice, 1/4 cup arugula, and top half of bun.

Nutrition Facts



Properties

Glycemic Index:44.55, Glycemic Load:2.62, Inflammation Score:-9, Nutrition Score:14.681304384833%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 219.09kcal (10.95%), Fat: 6.55g (10.08%), Saturated Fat: 2.99g (18.7%), Carbohydrates: 27.12g (9.04%), Net Carbohydrates: 18.25g (6.64%), Sugar: 2.62g (2.91%), Cholesterol: 14.17mg (4.72%), Sodium: 632.81mg (27.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.21g (26.42%), Folate: 143.58µg (35.9%), Fiber: 8.87g (35.48%), Vitamin A: 1760.1IU (35.2%), Manganese: 0.53mg (26.3%), Vitamin B1: 0.34mg (22.8%), Phosphorus: 212.69mg (21.27%), Selenium: 14.87µg (21.24%), Calcium: 158.04mg (15.8%), Iron: 2.8mg (15.54%), Vitamin B2: 0.24mg (14.25%), Zinc: 1.98mg (13.22%), Magnesium: 49.5mg (12.38%), Potassium: 377.23mg (10.78%), Vitamin B6: 0.21mg (10.3%), Copper: 0.2mg (9.99%), Vitamin K: 9.45µg (9%), Vitamin B3: 1.58mg (7.9%), Vitamin B5: 0.76mg (7.56%), Vitamin C: 4.73mg (5.73%), Vitamin E: 0.51mg (3.38%), Vitamin B12: 0.19µg (3.08%)