



SoCal Veggie Burgers



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup alfalfa sprouts
- ☐ 8 boston lettuce leaves
- ☐ 1 T carro slaw
- ☐ 1.5 cups carrots shredded
- ☐ 1.5 cups edamame frozen cooked
- ☐ 0.5 cup cucumber english thinly sliced
- ☐ 1 garlic clove
- ☐ 0.3 teaspoon ground cumin

- ☐ 4 servings edamame hummus
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon tahini (sesame paste)
- ☐ 4 slices tomatoes thick
- ☐ 4 servings burgers and vegetables
- ☐ 2 teaspoons vegetable oil
- ☐ 4 veggie patty such as amy's kitchen*

Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Heat a grill to medium (350 to 450). Make hummus: Whirl garlic, tahini, oil, lemon juice, cumin, salt, and edamame in a food processor until mostly smooth.
- ☐ Make slaw: In a medium bowl, toss carrots with lemon juice, salt, and pepper; let stand 15 minutes, stirring occasionally.
- ☐ Brush veggie patties with oil and grill, turning once, until grill marks appear, about 6 minutes.
- ☐ Arrange 1 lettuce leaf on each of 4 plates. Top each with a veggie burger patty and 2 tbsp. hummus. Divide slaw, tomato, cucumber, and sprouts between burgers and top each with another lettuce leaf.
- ☐ *Available at well-stocked grocery stores.

Nutrition Facts



 **PROTEIN 20.88%**  **FAT 41.5%**  **CARBS 37.62%**

Properties

Glycemic Index:74.08, Glycemic Load:8.47, Inflammation Score:-10, Nutrition Score:33.850434780121%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 437.68kcal (21.88%), Fat: 21.04g (32.36%), Saturated Fat: 3.14g (19.62%), Carbohydrates: 42.9g (14.3%), Net Carbohydrates: 29.32g (10.66%), Sugar: 6.16g (6.85%), Cholesterol: 3.5mg (1.17%), Sodium: 1022.54mg (44.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.81g (47.61%), Vitamin A: 13913.56IU (278.27%), Vitamin B1: 2.15mg (143.46%), Manganese: 1.32mg (66.21%), Vitamin K: 58.13µg (55.36%), Fiber: 13.58g (54.32%), Folate: 182.95µg (45.74%), Vitamin C: 27.4mg (33.22%), Phosphorus: 322.7mg (32.27%), Iron: 5.78mg (32.12%), Potassium: 1097.12mg (31.35%), Selenium: 18.66µg (26.66%), Magnesium: 103.02mg (25.75%), Vitamin B6: 0.5mg (25.07%), Copper: 0.5mg (25.05%), Vitamin B3: 4.96mg (24.81%), Vitamin B12: 1.41µg (23.45%), Calcium: 218.95mg (21.9%), Vitamin B2: 0.34mg (20.09%), Zinc: 2.33mg (15.53%), Vitamin E: 1.9mg (12.69%), Vitamin B5: 0.7mg (6.97%)