



Tabbouleh Burger



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 176 g bulgur wheat uncooked
- ☐ 24 g cornstarch
- ☐ 1 large cucumber diced seeded (2 cups [270 g])
- ☐ 180 g parsley fresh finely chopped
- ☐ 45 g garlic minced
- ☐ 45 ml juice of lemon
- ☐ 10 servings salt and pepper
- ☐ 30 ml sesame oil

- ☐ 180 g tomatoes diced seeded (approx. 2 tomatoes)
- ☐ 705 ml water
- ☐ 120 g flour whole wheat

Equipment

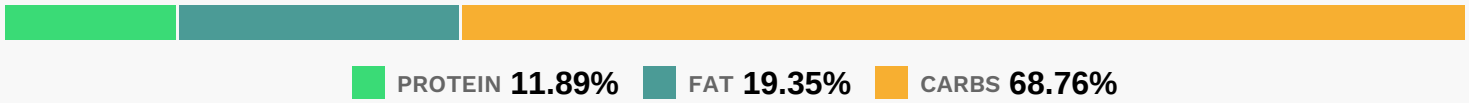
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Tabbouleh Salad
- ☐ Bring a pot of lightly salted water to a boil.
- ☐ Add the bulgur wheat, lower the heat to a simmer, and cook, uncovered, for about 10 minutes, or until all the liquid is absorbed. Set aside to cool.
- ☐ In a large bowl, combine the parsley, cucumber, tomatoes, mint, olive oil, garlic, lemon juice, salt, and pepper to taste.
- ☐ Add the cooled bulgur and mix thoroughly.
- ☐ Burgers
- ☐ Preheat the oven to 350°F (180°C, or gas mark 4). Line a baking pan with parchment or a silicone baking mat.
- ☐ Add the flour and cornstarch to the Tabbouleh Salad mixture. Knead until well incorporated. If your mixture is too wet, add a little more flour.
- ☐ Form into 10 patties.
- ☐ Bake for 40 to 45 minutes, flipping halfway through, until firm and just beginning to brown. You can eat them just like this, but they get extra yummy if you panfry them in a little sesame oil after you bake them, just to get a little golden crispy crust!
- ☐ Serving Suggestion
- ☐ You can eat this patty warm or cold. I like it all by itself, but it's also super yummy in a pita or on flatbread. It's also good on a wheat bun with a schmear of hummus or tzatziki sauce.

From The Best Veggie Burgers on the Planet: 101 Globally Inspired Vegan Creations Packed with Fresh Flavors and Exciting New Tastes by Joni Marie Newman. Text © 2011 by Joni Marie Newman; photography © 2011 Rockport Publishers. Published by Fair Winds Press.

Nutrition Facts



Properties

Glycemic Index:16.2, Glycemic Load:5.6, Inflammation Score:-9, Nutrition Score:16.81347833509%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 38.78mg, Apigenin: 38.78mg, Apigenin: 38.78mg, Apigenin: 38.78mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 2.77mg, Myricetin: 2.77mg, Myricetin: 2.77mg, Myricetin: 2.77mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 155.38kcal (7.77%), Fat: 3.56g (5.47%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 28.43g (9.48%), Net Carbohydrates: 22.79g (8.29%), Sugar: 1.3g (1.44%), Cholesterol: 0mg (0%), Sodium: 213.11mg (9.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.83%), Vitamin K: 299.65µg (285.38%), Manganese: 1.17mg (58.59%), Vitamin C: 30.5mg (36.97%), Vitamin A: 1689.77IU (33.8%), Fiber: 5.64g (22.56%), Magnesium: 61.83mg (15.46%), Phosphorus: 123.85mg (12.38%), Selenium: 8.58µg (12.25%), Iron: 2.18mg (12.14%), Folate: 45.08µg (11.27%), Vitamin B6: 0.21mg (10.59%), Copper: 0.19mg (9.62%), Vitamin B1: 0.14mg (9.47%), Vitamin B3: 1.88mg (9.42%), Potassium: 319.12mg (9.12%), Zinc: 0.99mg (6.57%), Calcium: 51.51mg (5.15%), Vitamin B5: 0.44mg (4.44%), Vitamin B2: 0.07mg (4.34%), Vitamin E: 0.39mg (2.57%)