



## Tabbouleh Burgers

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup bulgur uncooked
- 15 ounce chickpeas drained canned (garbanzo beans)
- 1 cup cucumber peeled seeded chopped
- 2 large egg whites lightly beaten
- 2 tablespoons flour all-purpose
- 1 tablespoon optional: dill fresh chopped
- 0.3 cup parsley fresh chopped
- 2 garlic cloves minced

- 0.3 cup green onions finely chopped
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 0.3 teaspoon ground pepper red
- 9 ounce hamburger buns
- 2 tablespoons juice of lemon fresh
- 0.5 cup yogurt plain low-fat
- 4 teaspoons olive oil divided
- 2 tablespoons pistachios chopped
- 1 tablespoon rice vinegar
- 0.1 teaspoon salt
- 0.3 teaspoon salt
- 0.5 cup water boiling

## Equipment

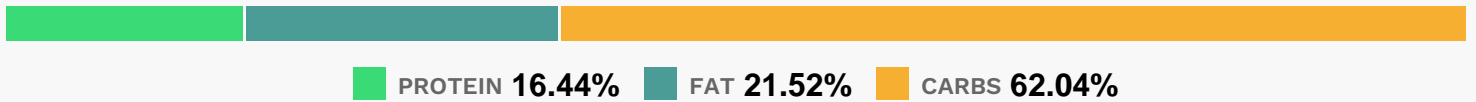
- food processor
- bowl
- frying pan

## Directions

- Combine first 5 ingredients in a small bowl; cover and chill.
- Combine bulgur, boiling water, and lemon juice in a bowl; stir well.
- Let stand 30 minutes or until liquid is absorbed.
- Heat 2 teaspoons oil in a large non-stick skillet over medium heat.
- Add green onions and the next 6 ingredients (green onions through garlic); saut 1 minute or until green onions are tender.
- Remove from heat; stir in parsley.
- Place chickpeas in a food processor; process until ground.
- Add chickpeas and green onion mixture to bulgur mixture; toss well.

- Add flour and egg whites; stir well. Divide mixture into 6 equal portions, shaping into 3-inch patties.
- Heat 2 teaspoons oil in skillet coated with cooking spray.
- Place over medium heat until hot.
- Add patties; cook 3 minutes on each side or until browned.
- Place patties on bottom halves of buns; dress with parsley sprigs, if desired. Top each with 1/4 cup cucumber sauce and top half of bun.

## Nutrition Facts



### Properties

Glycemic Index:75.56, Glycemic Load:21.77, Inflammation Score:-6, Nutrition Score:18.84173908441%

### Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

### Nutrients (% of daily need)

Calories: 318.91kcal (15.95%), Fat: 7.8g (12%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 50.59g (16.86%), Net Carbohydrates: 42.42g (15.43%), Sugar: 5.47g (6.07%), Cholesterol: 1.23mg (0.41%), Sodium: 593.28mg (25.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.4g (26.81%), Manganese: 1.48mg (74.04%), Vitamin K: 55.37µg (52.73%), Fiber: 8.17g (32.67%), Vitamin B6: 0.51mg (25.59%), Selenium: 17.71µg (25.3%), Vitamin B1: 0.37mg (24.37%), Iron: 3.87mg (21.47%), Phosphorus: 214.17mg (21.42%), Folate: 81.81µg (20.45%), Magnesium: 76.2mg (19.05%), Vitamin B2: 0.28mg (16.68%), Calcium: 157.03mg (15.7%), Vitamin B3: 3.11mg (15.53%), Copper: 0.3mg (14.88%), Potassium: 407mg (11.63%), Zinc: 1.56mg (10.39%), Vitamin C: 8.3mg (10.06%), Vitamin A: 350.2IU (7%), Vitamin B5: 0.64mg (6.39%), Vitamin E: 0.68mg (4.52%), Vitamin B12: 0.21µg (3.49%)