



WHATSheATE

Vegetable Burgers



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 teaspoon amchur powder



0.5 teaspoon pepper black freshly ground



1 cup chickpeas canned rinsed drained (garbanzo beans)



0.5 cup carrots coarsely chopped



1 cup breadcrumbs dry



2 tablespoons olive oil extravirgin



1 cup cilantro leaves fresh chopped



1 teaspoon garam masala

- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 jalapeño seeded quartered
- ☐ 1.3 teaspoons kosher salt
- ☐ 0.3 cup onion red coarsely chopped
- ☐ 8 slices onion red
- ☐ 2 pounds potatoes red peeled cut into 2-inch pieces
- ☐ 2.7 cups pkt spinach
- ☐ 4 6-inch whole-grain pitas cut in half ()

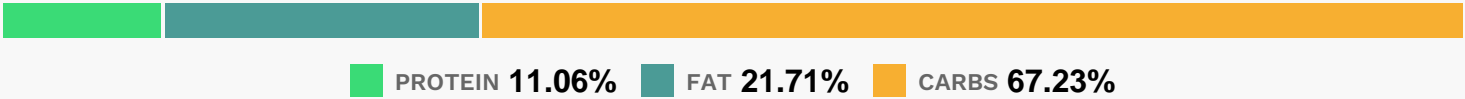
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Combine first 9 ingredients in the bowl of a food processor; process until finely chopped.
- ☐ Place potatoes in a large saucepan; cover with water. Bring to a boil; cook 13 minutes.
- ☐ Add onion, and cook for 2 minutes or until potatoes are tender.
- ☐ Drain; cool 10 minutes.
- ☐ Place potato mixture in a large bowl; mash with a potato masher or fork. Stir in chickpea mixture and breadcrumbs; cover and chill 8 hours or overnight.
- ☐ Divide potato mixture into 8 equal portions, shaping each portion into a 1/2-inch-thick patty (about 2/3 cup mixture).
- ☐ Heat 1 tablespoon oil in a large skillet over medium heat.
- ☐ Add 4 patties to pan; cook 5 minutes on each side or until browned and heated through. Repeat procedure with remaining 1 tablespoon oil and 4 patties.
- ☐ Place 1/3 cup spinach and 1 patty in each pita half. Top each serving with 1 onion slice.

Nutrition Facts



Properties

Glycemic Index:37.65, Glycemic Load:1.49, Inflammation Score:-9, Nutrition Score:15.150869579419%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 199.34kcal (9.97%), Fat: 4.93g (7.58%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 34.33g (11.44%), Net Carbohydrates: 29.92g (10.88%), Sugar: 3.75g (4.16%), Cholesterol: 0mg (0%), Sodium: 555.02mg (24.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.3%), Vitamin K: 62.5µg (59.52%), Vitamin A: 2466.09IU (49.32%), Manganese: 0.61mg (30.28%), Vitamin C: 17.12mg (20.76%), Potassium: 698.87mg (19.97%), Vitamin B6: 0.37mg (18.58%), Fiber: 4.4g (17.62%), Vitamin B1: 0.25mg (16.88%), Folate: 66.31µg (16.58%), Copper: 0.25mg (12.46%), Phosphorus: 122.85mg (12.29%), Vitamin B3: 2.45mg (12.25%), Magnesium: 48.15mg (12.04%), Iron: 2.15mg (11.92%), Vitamin B2: 0.13mg (7.45%), Selenium: 4.62µg (6.6%), Calcium: 62.59mg (6.26%), Vitamin E: 0.92mg (6.12%), Zinc: 0.83mg (5.55%), Vitamin B5: 0.52mg (5.23%)