



Veggie Burgers Made With Chickpeas and Walnuts



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs fresh english chopped fine (I an Muffin in the food processor)
- ☐ 19 ounce chickpeas drained and rinsed canned
- ☐ 1 large eggs
- ☐ 0.3 cup flat-leafed parsley fresh chopped
- ☐ 2 garlic cloves
- ☐ 0.5 medium onion
- ☐ 1 tablespoon a pinch of powdered rosemary fresh

- ☐ 1 pinch salt and 3 turns of the pepper mill
- ☐ 0.8 cup walnuts toasted chopped

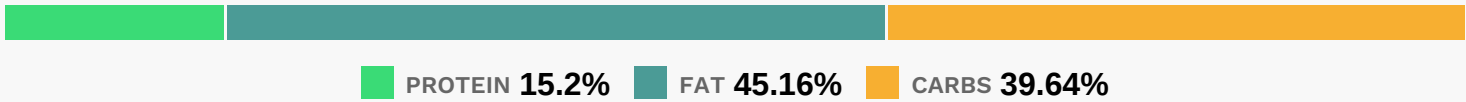
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Prep all the ingredients and lay them out.In a food processor pulse garlic, onion, and rosemary until chopped.
- ☐ Add chickpeas, parsley, and bread crumbs and pulse until just combined.
- ☐ Transfer mixture to a bowl and stir in walnuts, egg, and salt and pepper, to taste, until well combined. Form mixture into four 3-inch patties. Chill patties, covered, at least 1 hour and up to 1 day.In a large skillet (cast iron helps form a nice crust, but nonstick works too) heat oil over moderate heat until hot but not smoking. Cook patties until golden brown, about 4 minutes on each side.Arrange burgers on a foil lined baking sheet and heat in a 350 degree oven for about 5 to 10 minutes or until ready to serve. You can skip this last step if you want, but it makes the burgers a little hotter, plus it gives you time to finish prepping all the other components of the meal.

Nutrition Facts



Properties

Glycemic Index:56.08, Glycemic Load:15.31, Inflammation Score:-7, Nutrition Score:19.814347842465%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 359.08kcal (17.95%), Fat: 18.73g (28.82%), Saturated Fat: 2.11g (13.21%), Carbohydrates: 36.99g (12.33%), Net Carbohydrates: 28.33g (10.3%), Sugar: 1.25g (1.39%), Cholesterol: 46.5mg (15.5%), Sodium: 542.49mg (23.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.19g (28.37%), Manganese: 2.01mg (100.66%), Vitamin K: 62.21µg (59.25%), Vitamin B6: 0.83mg (41.44%), Fiber: 8.65g (34.61%), Copper: 0.62mg (30.95%), Phosphorus: 256.5mg (25.65%), Magnesium: 82.81mg (20.7%), Folate: 80.88µg (20.22%), Iron: 3.1mg (17.2%), Zinc: 2.06mg (13.74%), Vitamin B1: 0.19mg (12.61%), Potassium: 396.85mg (11.34%), Selenium: 7.89µg (11.27%), Calcium: 103.65mg (10.37%), Vitamin B2: 0.17mg (9.74%), Vitamin B5: 0.9mg (8.96%), Vitamin C: 7.03mg (8.52%), Vitamin A: 423.02IU (8.46%), Vitamin B3: 0.97mg (4.87%), Vitamin E: 0.32mg (2.11%), Vitamin B12: 0.12µg (2.05%), Vitamin D: 0.25µg (1.67%)