



## Veggie Burgers with Mushrooms

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 servings baby spinach for garnish
- ☐ 15 ounce kidney beans drained and rinsed canned
- ☐ 1 small carrots diced finely
- ☐ 4 muffins split english toasted
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 3 cups mushrooms assorted sliced
- ☐ 4 servings mayonnaise and/or mustard for garnish

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 cup onion shredded red dry
- ☐ 2 scallions white green finely chopped
- ☐ 2 teaspoons soya sauce
- ☐ 0.3 cup walnuts chopped
- ☐ 1 cup breadcrumbs plain whole-wheat

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ potato masher

## Directions

- ☐ Smash the beans in a bowl with a potato masher or fork until slightly chunky.
- ☐ Add the onion, walnuts, carrot, 1/2 cup breadcrumbs, scallions, parsley and 1 teaspoon Worcestershire sauce. Season with salt and pepper and mix with your hands until combined.
- ☐ Spread the remaining 1/2 cup breadcrumbs on a plate. Form the bean mixture into 4 patties; lightly coat with the breadcrumbs, shaking off any excess.
- ☐ Heat 2 tablespoons olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add the patties and cook until golden and slightly crisp, 2 to 3 minutes per side.
- ☐ Transfer the burgers to a plate.
- ☐ Heat the remaining 1 tablespoon oil in the same skillet over medium heat.
- ☐ Add the mushrooms and the remaining 1 teaspoon Worcestershire sauce; season with salt and pepper and cook until the mushrooms are slightly wilted, 3 to 4 minutes.
- ☐ Serve the burgers on the English muffins with mayonnaise and/or mustard, baby greens and mushrooms.
- ☐ Photograph by Antonis Achilleos

## Nutrition Facts



 **PROTEIN 13.25%**  **FAT 32.9%**  **CARBS 53.85%**

Properties

Glycemic Index:95.21, Glycemic Load:25.51, Inflammation Score:-10, Nutrition Score:30.31913041291%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.19mg, Kaempferol: 2.19mg, Kaempferol: 2.19mg, Kaempferol: 2.19mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

Nutrients (% of daily need)

Calories: 502.86kcal (25.14%), Fat: 19.77g (30.42%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 72.83g (24.28%), Net Carbohydrates: 59.8g (21.74%), Sugar: 6.64g (7.38%), Cholesterol: 0mg (0%), Sodium: 1007.63mg (43.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.92g (35.84%), Vitamin K: 202.9µg (193.24%), Vitamin A: 5137.92IU (102.76%), Manganese: 1.23mg (61.32%), Fiber: 13.03g (52.12%), Folate: 142.37µg (35.59%), Copper: 0.68mg (34.2%), Vitamin B2: 0.55mg (32.14%), Iron: 5.77mg (32.08%), Phosphorus: 319.61mg (31.96%), Vitamin C: 22.79mg (27.63%), Potassium: 918.92mg (26.25%), Magnesium: 97.94mg (24.49%), Vitamin B1: 0.36mg (24.32%), Vitamin B3: 4.6mg (22.98%), Vitamin B6: 0.35mg (17.27%), Vitamin B5: 1.63mg (16.32%), Vitamin E: 2.37mg (15.81%), Selenium: 10.51µg (15.01%), Zinc: 2.04mg (13.6%), Calcium: 124.28mg (12.43%)