



Veggie Quinoa Burgers

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 19 ounce kidney beans rinsed drained canned
- ☐ 4 carrots minced peeled
- ☐ 2 stalks celery minced
- ☐ 0.5 cup bread crumbs dry
- ☐ 0.5 bunch optional: dill fresh chopped
- ☐ 2 tablespoons ginger root fresh minced
- ☐ 2 cups mushrooms fresh minced
- ☐ 4 cloves garlic minced

- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 tablespoon olive oil
- ☐ 1 onion minced
- ☐ 0.5 cup quinoa
- ☐ 0.5 bell pepper red minced
- ☐ 2 tablespoons sesame oil
- ☐ 4 slices mozzarella cheese shredded
- ☐ 2 cups pkt spinach fresh chopped
- ☐ 1 cup water

Equipment

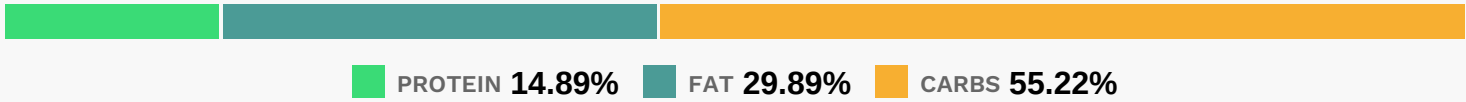
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ grill

Directions

- ☐ Preheat an outdoor grill for high heat and lightly oil the grate.
- ☐ Combine quinoa and water in a saucepan and bring to a boil. Reduce heat to low, place lid on saucepan, and cook until water is completely absorbed, about 15 minutes;
- ☐ Remove from heat and set aside to cool.
- ☐ Heat 2 teaspoons olive oil in a skillet over medium-high heat. Cook and stir carrots, celery, red bell pepper, onion, garlic, ginger, and mushrooms in the hot oil until softened, about 10 minutes; set aside to cool.
- ☐ Mash kidney beans with a fork in a large bowl; add quinoa and the carrot mixture to the means and mix.
- ☐ Mix dill, spinach, egg, bread crumbs, sesame oil, mozzarella cheese, salt, and pepper into kidney bean mixture; shape into 8 patties.
- ☐ Brush the 1 tablespoon olive oil evenly both sides of each patty.

- ☐ Arrange the patties into a large baking dish.
- ☐ Grill on preheated grill until hot in the center, 7 to 8 minutes per side.

Nutrition Facts



Properties

Glycemic Index:46.6, Glycemic Load:5.13, Inflammation Score:-10, Nutrition Score:18.102608570586%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 200.47kcal (10.02%), Fat: 6.87g (10.57%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 28.55g (9.52%), Net Carbohydrates: 22.04g (8.01%), Sugar: 4.7g (5.22%), Cholesterol: 0.4mg (0.13%), Sodium: 264.51mg (11.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.4%), Vitamin A: 6087.02IU (121.74%), Vitamin K: 48.54µg (46.23%), Manganese: 0.68mg (33.76%), Fiber: 6.52g (26.07%), Vitamin C: 16.41mg (19.89%), Folate: 78.72µg (19.68%), Phosphorus: 179.23mg (17.92%), Vitamin B1: 0.24mg (15.77%), Potassium: 541.11mg (15.46%), Magnesium: 60.87mg (15.22%), Copper: 0.3mg (15.17%), Vitamin B2: 0.25mg (14.95%), Vitamin B6: 0.26mg (13.15%), Iron: 2.21mg (12.28%), Vitamin B3: 2.31mg (11.55%), Selenium: 6.11µg (8.73%), Zinc: 1.18mg (7.87%), Vitamin B5: 0.73mg (7.34%), Vitamin E: 1.09mg (7.27%), Calcium: 69.76mg (6.98%)