

 100%
HEALTH SCORE

Very Veggie Burgers with Red Pepper Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup basil leaves packed
- ☐ 1 large carrots grated fine
- ☐ 0.3 cup cooking wine dry white
- ☐ 3 large cloves garlic
- ☐ 1 cup bread crumbs fresh gluten-free firm for gf (use breadcrumbs)
- ☐ 2 tbsp peppercorns green in brine drained for ground pepper (settle)
- ☐ 1 pinch nutmeg
- ☐ 0.5 cup olive oil

- ☐ 1 medium onion quartered
- ☐ 1 tbsp paprika
- ☐ 1 small bunch parsley
- ☐ 3 pasilla peppers red cored cut in large chunks
- ☐ 4 servings salt and pepper to taste
- ☐ 10 ounce pkt spinach frozen dry chopped
- ☐ 1 large zucchini grated fine

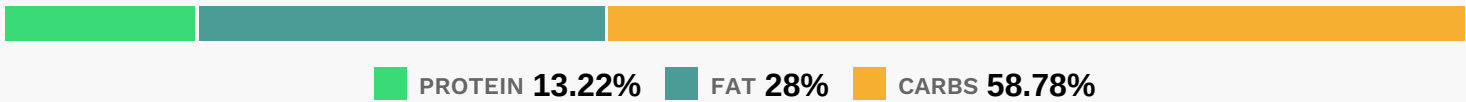
Equipment

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

Directions

- ☐ Preheat the oven to 375°F. Finely grind the onion, parsley, garlic and basil in food processor.
- ☐ Transfer the ground mixture to a bowl, add all remaining ingredients and mix thoroughly. Form a dozen patties, and place them on a foil-lined baking sheet.
- ☐ Bake about 20 minutes.
- ☐ Serve hot or at room temperature, alone or with red pepper sauce (recipe follows) or other good sauce of your choice.Process all ingredients till smooth. Store in a glass jar in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:88.21, Glycemic Load:3.04, Inflammation Score:-10, Nutrition Score:29.28130429724%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 30.73mg, Apigenin: 30.73mg, Apigenin: 30.73mg, Apigenin: 30.73mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 2.17mg, Myricetin: 2.17mg, Myricetin: 2.17mg, Myricetin: 2.17mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Nutrients (% of daily need)

Calories: 235.93kcal (11.8%), Fat: 7.6g (11.7%), Saturated Fat: 1.04g (6.47%), Carbohydrates: 35.91g (11.97%), Net Carbohydrates: 28.24g (10.27%), Sugar: 9.02g (10.02%), Cholesterol: 0mg (0%), Sodium: 432.72mg (18.81%), Alcohol: 1.54g (100%), Alcohol %: 0.52% (100%), Protein: 8.08g (16.16%), Vitamin K: 524.85µg (499.85%), Vitamin A: 16470.66IU (329.41%), Vitamin C: 155.91mg (188.98%), Folate: 196.79µg (49.2%), Manganese: 0.95mg (47.51%), Vitamin E: 5.09mg (33.94%), Vitamin B6: 0.66mg (33.04%), Fiber: 7.67g (30.67%), Potassium: 889.24mg (25.41%), Magnesium: 97.91mg (24.48%), Vitamin B2: 0.37mg (21.79%), Iron: 3.59mg (19.94%), Calcium: 157.78mg (15.78%), Vitamin B1: 0.2mg (13.38%), Phosphorus: 124.85mg (12.49%), Copper: 0.23mg (11.69%), Vitamin B3: 2.23mg (11.13%), Zinc: 1.27mg (8.46%), Selenium: 5.13µg (7.33%), Vitamin B5: 0.72mg (7.23%)