



## White Bean and Sage Pita Burgers

 Vegetarian

READY IN



27 min.

SERVINGS



6

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup almonds toasted sliced
- 0.3 teaspoon pepper black freshly ground
- 30 ounce .5 can cannellini beans rinsed drained canned
- 2 tablespoons cornstarch
- 2 teaspoons dijon mustard
- 1 large eggs lightly beaten
- 2 tablespoons feta cheese crumbled
- 1.5 teaspoons sage fresh chopped

- 2 garlic cloves minced
- 6 leaf lettuce leaves green
- 0.5 cup cup heavy whipping cream sour reduced-fat
- 0.3 cup old-fashioned rolled oats
- 1 tablespoon olive oil extra-virgin divided
- 0.5 cup onion chopped
- 2 tablespoons onion fresh grated
- 3 6-inch pitas cut in half ()
- 0.5 teaspoon salt
- 1.5 inch tomatoes

## Equipment

- food processor
- bowl
- frying pan
- paper towels
- spatula
- measuring cup

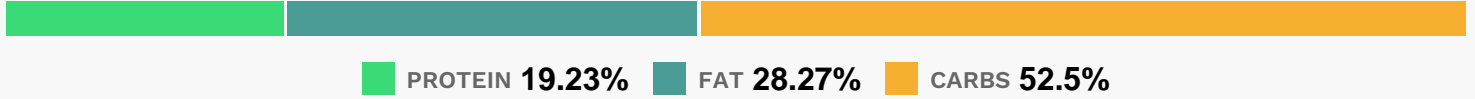
## Directions

- Heat a large nonstick skillet over medium heat.
- Add 1 teaspoon oil to pan, and swirl to coat.
- Add 1/2 cup chopped onion and garlic; cook for 2 minutes, stirring frequently.
- Place mixture in food processor.
- Add oats and next 8 ingredients (through egg); process until smooth.
- Wipe pan with a paper towel. Return pan to medium heat.
- Add remaining 2 teaspoons olive oil to pan, and swirl to coat. Working with one portion at a time, spoon bean mixture into a 1/2-cup dry measuring cup, and carefully remove bean mixture with a rubber spatula onto pan. (Bean mixture is very soft and sticky.) Using spatula,

shape mixture into a 3/4-inch-thick round patty. Repeat procedure 5 times to form 6 patties. Cook 8 minutes or until golden, turning after 4 minutes.

- Combine sour cream, 2 tablespoons grated onion, and cheese in a small bowl.
- Spread about 2 tablespoons sour cream mixture into each pita half; top with 1 lettuce leaf, 1 tomato slice, and 1 bean patty.

## Nutrition Facts



## Properties

Glycemic Index:65.17, Glycemic Load:9.07, Inflammation Score:-6, Nutrition Score:19.299999900486%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

## Nutrients (% of daily need)

Calories: 303.79kcal (15.19%), Fat: 9.75g (15%), Saturated Fat: 2.98g (18.64%), Carbohydrates: 40.72g (13.57%), Net Carbohydrates: 32.34g (11.76%), Sugar: 1.52g (1.68%), Cholesterol: 42.75mg (14.25%), Sodium: 316.03mg (13.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.91g (29.83%), Copper: 1.94mg (97.02%), Manganese: 1.13mg (56.37%), Fiber: 8.39g (33.55%), Iron: 5mg (27.79%), Folate: 107.59µg (26.9%), Magnesium: 100.43mg (25.11%), Phosphorus: 231mg (23.1%), Potassium: 791.22mg (22.61%), Vitamin E: 2.95mg (19.7%), Calcium: 190.59mg (19.06%), Zinc: 2.35mg (15.65%), Vitamin B2: 0.24mg (13.85%), Vitamin B1: 0.2mg (13.58%), Selenium: 8.66µg (12.37%), Vitamin B6: 0.2mg (9.76%), Vitamin K: 7.38µg (7.03%), Vitamin B5: 0.56mg (5.56%), Vitamin A: 213.23IU (4.26%), Vitamin B12: 0.25µg (4.17%), Vitamin B3: 0.53mg (2.63%), Vitamin C: 1.9mg (2.31%), Vitamin D: 0.23µg (1.52%)