

# Garbonzo Oat Veggie Burger (Serves 3)

## Ingredients:

120.0 grams Oats  
600.0 grams Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt  
1.0 grams Salt, table  
15.0 grams Vinegar, distilled  
15.0 grams Oil, oilive, salad or cooking  
15.0 grams Garlic, raw  
15.0 grams Ginger root, raw  
60.0 grams Peanut butter, smooth style, with salt  
30.0 grams Coriander (cilantro) leaves, raw  
200.0 grams Broccoli, cooked, boiled, drained, without salt  
150.0 grams bread (2 slices)

## Preparation/Cooking Instructions:

Mash & blend ingredients (less bread) in food processor.  
Create patties.  
Bake in oven at 450 deg. F. for 25 minutes.

## Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.20094645  
Sweetness: 0.029448966  
Sourness: 0.11690198  
Bitterness: 0.17645183  
Umamiiness: 0.084955156  
Richness: 0.058798116

## Glycemic Load & Inflammation Profile (Per Serving):

Inflammation Load: 440.2628  
Glycemic Load: 29.257887  
Complete Protein (grams) 8.338225

## Nutritional Content Per Serving:

Protein : 34.277664, g  
---Adjusted Protein : 0.0, g  
Total lipid (fat) : 23.930834, g  
Carbohydrate, by difference : 105.422165, g, OUT OF BOUNDS: TOO HIGH VS.  
103.33333740234374  
Ash : 4.4145007, g  
Energy : 748.8833, kcal  
---Energy : 3132.9832, kj  
Starch : 0.958, g  
Sugars, total : 12.5946665, g  
---Sucrose : 1.7893333, g  
---Glucose (dextrose) : 0.4346667, g  
---Fructose : 0.49333334, g  
---Lactose : 0.0, g  
---Maltose : 0.0, g  
Alcohol, ethyl : 0.0, g  
Fiber, total dietary : 23.325003, g  
Water : 238.68417, g  
Caffeine : 0.0, mg  
Theobromine : 0.0, mg  
Galactose : 0.0, g  
Calcium, Ca : 174.79668, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125  
Iron, Fe : 9.353267, mg  
Magnesium, Mg : 226.65334, mg  
Phosphorus, P : 707.3167, mg  
Potassium, K : 1183.76, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875  
Sodium, Na : 272.3267, mg, OUT OF BOUNDS: TOO LOW VS. 500.0  
Zinc, Zn : 5.935835, mg  
Copper, Cu : 1.1853167, mg  
Fluoride, F : 3.2933335, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125  
Manganese, Mn : 4.701667, mg, OUT OF BOUNDS: TOO HIGH VS. 3.666666793823242  
Selenium, Se : 10.4470005, mcg, OUT OF BOUNDS: TOO LOW VS. 15.0  
Vitamin A, IU : 1771.25, IU  
Retinol : 3.0, mcg, OUT OF BOUNDS: TOO LOW VS. 300.0  
Vitamin A, RAE mcg\_RAEVitamin A, : 90.03333, RAE, OUT OF BOUNDS: TOO LOW VS.  
694.333349609375  
Carotene, beta : 1044.5833, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0  
Carotene, alpha : 3.6000001, mcg  
Thiamin (B-1) : 0.71624994, mg  
Riboflavin (B-2) : 0.38300002, mg  
Niacin (B-3) : 5.165567, mg  
Pantothenic acid (B-5) : 1.9227169, mg  
Vitamin B-6 (Pyridoxal) : 0.6691834, mg  
Folate, total : 492.09998, mcg, OUT OF BOUNDS: TOO HIGH VS. 333.3333251953125

Vitamin B-12 (Cobalamin) : 0.07, mcg, OUT OF BOUNDS: TOO LOW VS. 0.6666666507720947  
---Vitamin B-12 : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 0.6666666507720947  
Vitamin C, total ascorbic acid : 50.376667, mg  
Vitamin D : 0.0, IU, OUT OF BOUNDS: TOO LOW VS. 66.66666870117187  
Vitamin E : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758  
---Vitamin E (alpha-tocopherol) : 3.8016667, mg  
Vitamin K (phylloquinone) : 133.95667, mcg  
Cholesterol : 16.5, mg  
Choline, total : 128.82333, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374  
Cryptoxanthin, beta : 20.2, mcg  
Lutein + zeaxanthin : 807.3, mcg  
Lycopene (prevents UV damage) : 0.0, mcg  
Tocopherol, beta : 0.054666672, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758  
Tocopherol, gamma : 2.0266669, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758  
Tocopherol, delta : 0.118, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758  
Folic acid : 28.5, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0  
Folate, food : 463.59998, mcg  
Folate, DFE mcg\_DFEFolate, : 512.1, DFE  
Betaine : 0.22666669, mg  
Alanine g (helps enlarged : 1.45085, prostate)  
Arginine g (good for mitigating fatty : 2.9512835, liver), OUT OF BOUNDS: TOO HIGH VS.  
0.3333333253860474  
Aspartic acid : 3.6211839, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947  
Cystine : 0.5420167, g  
Glutamic acid : 6.9153495, g  
Glycine : 1.5165833, g  
Histidine : 0.8600501, g  
Isoleucine : 1.3318334, g  
Leucine : 2.3703, g  
Lysine : 1.7685335, g  
Methionine : 0.48161668, g  
Phenylalanine : 1.7562332, g  
Proline : 1.7427502, g  
Hydroxyproline : 0.0, g  
Serine : 1.70275, g  
Tryptophan : 0.36806667, g  
Threonine : 1.1316501, g  
Tyrosine : 0.94404995, g  
Valine : 1.4911, g  
Fatty acids, total trans : 0.0, g  
---Fatty acids, total trans-monoenoic : 0.0, g  
16:1 t (trans-Palmitoleic acid) : 0.0, g  
18:1 t (trans-Oleic acid) : 0.0, g  
22:1 t (trans-Erucic acid) : 0.0, g  
---Fatty acids, total trans-polyenoic : 0.0, g  
18:2 t not further defined : 0.0, g  
18:2 t,t : 0.0, g

Fatty acids, total saturated : 3.9804666, g  
 4:0 (Butyric acid) : 0.0, g  
 6:0 (Caproic acid) : 0.0, g  
 8:0 (Caprylic acid: melts @ 16.3 deg C) : 3.5000002E-4, g  
 10:0 (Capric acid: melts @ 31.3 deg C) : 1.00000005E-4, g  
 12:0 (Lauric acid) : 0.039083336, g  
 13:0 : 0.0, g  
 14:0 (Myristic acid) : 0.0593, g  
 15:0 (Pentadecanoic acid) : 0.0, g  
 16:0 (Palmitic acid) : 2.5823834, g  
 17:0 (Margaric acid) : 0.0, g  
 18:0 (Stearic acid) : 0.7151167, g  
 20:0 (Arachidic acid) : 0.12886667, g  
 24:0 (Lignoceric acid) : 0.0, g  
 22:0 (Behenic acid) : 0.28333333, g  
 Fatty acids, total monounsaturated : 2.9806168, g  
 14:1 : 0.0, g  
 15:1 : 0.0, g  
 16:1 undifferentiated : 0.03245, g  
 16:1 (Palmitoleic acid) c : 0.0, g  
 17:1 : 0.0013333334, g  
 18:1 undifferentiated : 8.829734, g  
 18:1 (Oleic acid) c : 0.0, g  
 20:1 : 0.12595001, g  
 22:1 undifferentiated : 0.0, g  
 24:1 c (Nervonic acid) : 0.0, g  
 22:1 c (Erucic acid) : 0.0, g  
 Fatty acids, total polyunsaturated : 3.4509835, g  
 18:2 ---undifferentiated (n-6=Linoleic acid) : 8.32865, g  
 18:2 n-6 c,c (Linoleic acid) : 0.0, g, OUT OF BOUNDS: TOO LOW VS. 2.3933332443237303  
 18:2 i : 0.0, g  
 18:2 CLAs : 0.0, g  
 18:3 ---undifferentiated (n-3=a-Linolenic acid) : 0.26153332, g, OUT OF BOUNDS: TOO LOW VS.  
 0.6  
 18:3 n-3 c,c,c (a-Linolenic acid) : 0.0, g, OUT OF BOUNDS: TOO LOW VS. 0.6  
 18:3 n-6 c,c,c (Linolenic acid) : 0.0, g  
 18:3i : 0.0, g  
 18:4 : 0.0, g  
 20:2 n-6 c,c : 0.0, g  
 20:3 undifferentiated : 0.0, g  
 20:3 n-3 : 0.0, g  
 20:3 n-6 : 0.0, g  
 20:4 undifferentiated : 0.0, g  
 20:4 n-6 (Arachidonic acid) : 0.0, g  
 20:5 n-3 (EPA: Eicosapentanoic acid) : 0.0, g  
 21:5 : 0.0, g  
 22:4 : 0.0, g

22:5 n-3 : 0.0, g  
22:6 n-3 (DHA: Docosahexanoic acid) : 0.0, g  
Phytosterols : 64.9, mg  
---Stigmasterol (a phytosterol) : 0.3, mg  
---Campesterol (a phytosterol) : 0.0, mg  
Beta-sitosterol : 0.2, mg

Number of nutrients above maximum target limits: 6  
Number of nutrients within target limits: 115  
Number of nutrients below minimum target limits: 19