



A Nutrition Resource

# LENTIL PATTIES

**Yield: 2 Servings | Serving Size: 8 small patties**

**Cost/serving: \$0.42**

## Ingredients:

- 1 cup of **cooked** lentils (or canned, drained, and well-rinsed)
- 1 beaten egg
- 1/8 teaspoon onion salt
- 1/2 teaspoon vegetable oil

## Directions:

- 1) Blend cooked lentils, egg, and onion salt.
- 2) Heat oil in frying pan on medium heat.
- 3) Drop lentil mixture by Tablespoonfuls into frying pan. press flat and cook over medium heat. Flip to cook other side.

**Tip:** Patties can also be rolled into cornmeal or breadcrumbs before cooking.

## Nutrition Facts

2 servings per container

**Serving size 8 small patties (122g)**

Amount per serving

**Calories 160**

% Daily Value\*

**Total Fat** 3.5g 4%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 80mg 27%

**Sodium** 150mg 7%

**Total Carbohydrate** 20g 7%

Dietary Fiber 8g 29%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein** 12g

Vitamin D 0mcg 0%

Calcium 31mg 2%

Iron 4mg 20%

Potassium 396mg 8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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