



African-Inspired Sweet Potato and Black Bean Burgers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



10

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cups black beans divided rinsed drained ()
- 0.5 teaspoon ground pepper (depending on your heat tolerance)
- 4 cloves garlic minced
- 1 tablespoon ground ginger minced (or 1 teaspoon ground ginger)
- 0.5 large bell pepper diced green finely
- 2 teaspoons ground cumin
- 1 teaspoon pepper black crushed

- 0.5 cup oatmeal uncooked quick (or regular oats,)
- 1 large onion diced finely
- 1 teaspoon paprika smoked spanish
- 2 tablespoons peanut butter
- 1 teaspoon salt (if desired)
- 1.5 pounds sweet potatoes and into (3 medium potatoes)
- 0.3 cup flour blend gluten-free (or a flour blend)

Equipment

- food processor
- baking sheet
- baking paper
- oven
- mixing bowl
- potato masher

Directions

- Place the sweet potatoes into a food processor.
- Add HALF of the drained black beans, along with the peanut butter, garlic, and all the spices. Process briefly until everything is combined and the potatoes are mashed. (You can also do this in a bowl with a potato masher and lots of wrist action.) Scoop the potato mixture into a large mixing bowl.
- Add the remaining black beans, onions, green pepper, and oats. Stir well to combine.
- Add the gluten or other flour and stir well to make sure that it's distributed evenly. The mixture should be very thick and not too wet; if it seems wet, add a little more oats or gluten to get a very heavy "dough." Set aside while you preheat your oven to 425 F and line a baking sheet with a silicone mat or parchment paper. (You may also oil a non-stick baking sheet.) Form the mixture into 10-12 burgers, using 1/3-1/2 cup per burger. Burgers should be no more than 3/4-inch thick.
- Bake for 25-35 minutes, until outside is firm and brown but center is still a little soft.

Remove from oven and allow to cool for a couple of minutes before removing from baking sheet and serving.

Nutrition Facts



PROTEIN 11.53% **FAT 15.6%** **CARBS 72.87%**

Properties

Glycemic Index:31.35, Glycemic Load:8.44, Inflammation Score:-10, Nutrition Score:11.274782605793%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 121.24kcal (6.06%), Fat: 2.19g (3.37%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 18.9g (6.87%), Sugar: 4.22g (4.69%), Cholesterol: 0mg (0%), Sodium: 286.31mg (12.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Vitamin A: 9830.38IU (196.61%), Manganese: 0.59mg (29.44%), Fiber: 4.13g (16.51%), Vitamin C: 9.82mg (11.91%), Vitamin B6: 0.23mg (11.32%), Potassium: 350.13mg (10%), Magnesium: 37.6mg (9.4%), Copper: 0.17mg (8.41%), Iron: 1.38mg (7.67%), Phosphorus: 75.75mg (7.57%), Vitamin B1: 0.11mg (7.02%), Folate: 27.8µg (6.95%), Vitamin B5: 0.68mg (6.79%), Vitamin B3: 1.04mg (5.18%), Vitamin E: 0.62mg (4.1%), Vitamin B2: 0.07mg (4.01%), Zinc: 0.6mg (4%), Calcium: 39.72mg (3.97%), Selenium: 1.85µg (2.64%), Vitamin K: 2.55µg (2.43%)