



Bean & 'Bello Burger

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup barbecue sauce
- 0.1 teaspoon pepper black freshly ground
- 6 tablespoons breadcrumbs dried
- 15 ounce black beans drained and rinsed canned
- 4 tablespoons canola oil
- 2 egg whites
- 0.3 teaspoon garlic powder
- 0.5 bell pepper diced green cored seeded

- 1 tablespoon dijon honey mustard
- 4 romaine leaves
- 0.3 teaspoon paprika
- 0.5 onion diced red
- 4 slices tomato
- 4 hamburger buns whole-wheat
- 1 tablespoon worcestershire sauce

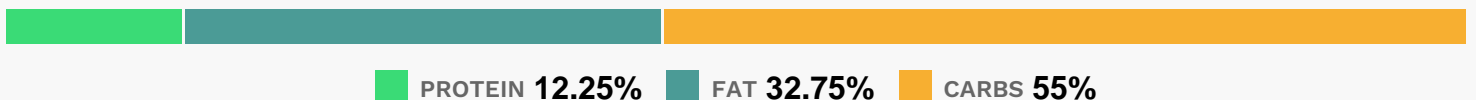
Equipment

- bowl
- frying pan

Directions

- Heat 2 tablespoons oil in a large skillet over medium heat.
- Add mushrooms, onion and bell pepper. Cook, stirring occasionally, until pepper begins to soften, 4 to 5 minutes.
- Add beans, paprika, garlic powder and black pepper. Cook, smashing beans with the back of a spoon, 1 to 2 minutes more.
- Transfer mixture to a bowl and mix in eggs, mustard, Worcestershire sauce and breadcrumbs. Form into 4 patties. Wipe out skillet; heat remaining 2 tablespoons oil over medium heat and cook burgers until brown and feels firm, 6 to 7 minutes each side.
- Place on buns; top with barbecue sauce, lettuce and tomato.
- Self

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.35, Inflammation Score:-9, Nutrition Score:21.693043485932%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 491.55kcal (24.58%), Fat: 18.11g (27.87%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 68.46g (22.82%), Net Carbohydrates: 57.6g (20.95%), Sugar: 18.12g (20.13%), Cholesterol: 0mg (0%), Sodium: 1199.23mg (52.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.24g (30.49%), Manganese: 1.01mg (50.49%), Fiber: 10.86g (43.43%), Vitamin A: 1990.2IU (39.8%), Vitamin B1: 0.55mg (36.97%), Folate: 146.03µg (36.51%), Selenium: 23.23µg (33.18%), Iron: 5.33mg (29.61%), Vitamin B2: 0.45mg (26.64%), Vitamin C: 21.07mg (25.55%), Phosphorus: 221.85mg (22.18%), Vitamin B3: 4.13mg (20.64%), Copper: 0.4mg (19.79%), Vitamin E: 2.96mg (19.71%), Magnesium: 76.88mg (19.22%), Potassium: 671.18mg (19.18%), Calcium: 138.9mg (13.89%), Vitamin K: 14.49µg (13.8%), Vitamin B6: 0.23mg (11.31%), Zinc: 1.44mg (9.61%), Vitamin B5: 0.62mg (6.25%), Vitamin B12: 0.07µg (1.18%)