



## Bean & 'Bello Burger

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



501 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 lettuce leaves
- ☐ 0.3 teaspoon paprika
- ☐ 2 medium portobellos diced
- ☐ 0.5 onion diced red
- ☐ 4 slices tomatoes
- ☐ 4 buns whole-wheat
- ☐ 1 tablespoon worcestershire sauce

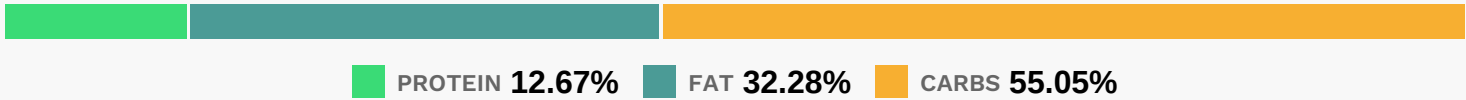
## Equipment

- ☐ 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:24.232173891171%

## 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: 500.79kcal (25.04%), Fat: 18.26g (28.09%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 70.09g (23.36%), Net Carbohydrates: 58.68g (21.34%), Sugar: 19.17g (21.3%), Cholesterol: 0mg (0%), Sodium: 1203.01mg (52.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.13g (32.26%), Manganese: 1.04mg (51.94%), Fiber: 11.4g (45.61%), Selenium: 31.04µg (44.34%), Vitamin A: 1990.2IU (39.8%), Folate: 157.79µg (39.45%), Vitamin B1: 0.58mg (38.62%), Iron: 5.46mg (30.33%), Vitamin B3: 6.02mg (30.08%), Vitamin B2: 0.51mg (29.85%), Phosphorus: 267.21mg (26.72%), Copper: 0.52mg (25.79%), Vitamin C: 21.07mg (25.55%), Potassium: 824.06mg (23.54%), Vitamin E: 2.96mg (19.77%), Magnesium: 76.88mg (19.22%), Vitamin B6: 0.29mg (14.42%), Calcium: 140.16mg (14.02%), Vitamin K: 14.49µg (13.8%), Zinc: 1.66mg (11.09%), Vitamin B5: 1.1mg (11.04%), Vitamin B12: 0.09µg (1.52%)