



## Bean Burgers

 Dairy Free

READY IN



180 min.

SERVINGS



15

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.8 cup cornmeal
- 1 pound cannellini beans dried
- 6 eggs
- 1 teaspoon garlic powder
- 0.5 teaspoon ground pepper black
- 0.5 teaspoon liquid smoke flavoring
- 2 large onions chopped
- 0.5 teaspoon pepper sauce red hot® (such as Frank's )

- 2 teaspoons salt
- 16 ounce herb seasoned stuffing mix
- 0.5 cup vegetable oil for frying
- 1 tablespoon vegetarian worcestershire sauce

## Equipment

- food processor
- frying pan
- paper towels
- mixing bowl
- pot
- colander

## Directions

- Place the soaked beans in a large pot, and add enough water to cover. Bring to a boil, and cook for about 1 1/2 hours, until tender.
- Pour into a colander and let stand for a while so they drain very well.
- Heat 1 tablespoon of oil in a large skillet over medium heat.
- Add onions, and fry until nicely browned, stirring constantly.
- Remove from heat and set aside. Meanwhile, mix together the eggs and seasoned stuffing mix, and let stand 10 minutes to soften.
- Use a food processor to puree the beans in batches, and transfer to a mixing bowl. Puree the onions, and then the stuffing mixture, and stir them into the beans. Season with garlic powder, Worcestershire sauce, hot pepper sauce, salt and pepper.
- Mix until well blended. Stir in whole wheat flour a little at a time until the mixture is stiff enough to form patties.
- Spread the cornmeal out on a small plate. Grab a handful of the bean mixture, and pack lightly into a ball. Press into the cornmeal to form a pattie. Gently turn the pattie over, and coat the other side. Repeat with remaining bean mixture.
- Heat 1/2 cup of oil in a large heavy skillet over medium heat. Fry patties until browned on both sides.

- Remove to paper towels to drain.
- Serve in pitas, or on hamburger buns.

## Nutrition Facts

**PROTEIN 17.71%** **FAT 15.07%** **CARBS 67.22%**

### Properties

Glycemic Index:8.83, Glycemic Load:3.89, Inflammation Score:-7, Nutrition Score:16.253478143526%

### Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

### Nutrients (% of daily need)

Calories: 297.48kcal (14.87%), Fat: 4.99g (7.68%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 50.1g (16.7%), Net Carbohydrates: 41.9g (15.24%), Sugar: 4.34g (4.82%), Cholesterol: 65.77mg (21.92%), Sodium: 785.55mg (34.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.2g (26.39%), Folate: 211.53µg (52.88%), Manganese: 0.7mg (35.14%), Selenium: 24.45µg (34.93%), Fiber: 8.2g (32.79%), Vitamin B1: 0.42mg (27.97%), Phosphorus: 237.96mg (23.8%), Magnesium: 82.29mg (20.57%), Iron: 3.47mg (19.3%), Copper: 0.37mg (18.46%), Vitamin B2: 0.29mg (17%), Potassium: 585.3mg (16.72%), Vitamin B6: 0.29mg (14.27%), Vitamin B3: 2.58mg (12.89%), Zinc: 1.5mg (9.98%), Calcium: 99.04mg (9.9%), Vitamin B5: 0.8mg (7.97%), Vitamin K: 5.09µg (4.85%), Vitamin C: 3.23mg (3.92%), Vitamin E: 0.52mg (3.48%), Vitamin B12: 0.16µg (2.71%), Vitamin D: 0.35µg (2.35%), Vitamin A: 97.3IU (1.95%)