



Bean Burgers with Adobo Mayonnaise

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 1 carrots grated
- ☐ 2 tablespoons self-rising cornmeal mix
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 jalapeno minced seeded
- ☐ 8 servings lettuce

- ☐ 8 servings adobo mayonnaise
- ☐ 2 teaspoons olive oil
- ☐ 1 small onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 cup salsa
- ☐ 8 servings salsa
- ☐ 0.5 teaspoon salt
- ☐ 1 slices tomatoes
- ☐ 8 whole-grain buns

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Saut first 4 ingredients in hot olive oil in a large nonstick skillet over medium-high heat 8 minutes or until onion is tender.
- ☐ Mash black beans and pinto beans in a large bowl; stir in onion mixture, salsa, and next 4 ingredients. Cover and chill 30 minutes.
- ☐ Shape mixture into 8 patties.
- ☐ Place on an aluminum foil-lined baking sheet coated with cooking spray. Coat patties evenly with cooking spray. Chill 30 minutes.
- ☐ Bake at 400 for 15 minutes or until browned and thoroughly heated.
- ☐ Spread Adobo Mayonnaise on bottom halves of buns. Top with lettuce, tomato, patties, salsa, and top halves of buns.

Nutrition Facts



 PROTEIN 16.8%  FAT 23.5%  CARBS 59.7%

Properties

Glycemic Index:38.85, Glycemic Load:3.6, Inflammation Score:-9, Nutrition Score:13.804347841798%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 176.97kcal (8.85%), Fat: 4.84g (7.45%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 18.87g (6.86%), Sugar: 5.07g (5.63%), Cholesterol: 1.68mg (0.56%), Sodium: 897.72mg (39.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.79g (15.58%), Vitamin A: 2018.48IU (40.37%), Fiber: 8.82g (35.26%), Vitamin K: 34.14µg (32.52%), Manganese: 0.53mg (26.45%), Folate: 87.3µg (21.83%), Potassium: 625.23mg (17.86%), Phosphorus: 172.88mg (17.29%), Iron: 2.75mg (15.3%), Magnesium: 55.06mg (13.76%), Copper: 0.26mg (13.08%), Vitamin B1: 0.2mg (13.05%), Vitamin B6: 0.25mg (12.38%), Vitamin C: 9.1mg (11.03%), Vitamin E: 1.49mg (9.92%), Calcium: 94.18mg (9.42%), Vitamin B2: 0.14mg (8.08%), Vitamin B3: 1.46mg (7.29%), Zinc: 0.93mg (6.21%), Vitamin B5: 0.42mg (4.15%), Selenium: 1.48µg (2.12%)