




 **21%**  
HEALTH SCORE

# Black Bean and Veggie Burgers with Corn Salsa

 Vegetarian  Vegan  Dairy Free

READY IN  
  
**45 min.**

SERVINGS  
  
**8**

CALORIES  
  
**167 kcal**

ANTIPASTI STARTER SNACK APPETIZER

## Ingredients

- 1 can black beans rinsed mashed drained
- 2 cups corn canned
- 1 carrots diced peeled
- 0.5 cup celery diced
- 1 teaspoon creole seasoning to taste (more or less )
- 0.3 cup flour
- 1 teaspoon parsley fresh chopped

- 1 cloves garlic minced
- 2 garlic clove minced
- 2 spring onion diced
- 0.5 teaspoon pepper black
- 1 teaspoon pepper black to taste (more or less )
- 1 teaspoon ground pepper red to taste (more or less )
- 0.5 jalapeno diced seeded
- 1 juice of lime
- 0.3 cup oatmeal (I used a bit more)
- 0.3 cup oatmeal (I used a bit more)
- 0.5 cup onion diced
- 1 cup panko bread crumbs
- 0.5 cup bell pepper diced red seeded
- 0.5 cup bell pepper diced red seeded
- 1 cup salsa
- 0.5 teaspoon salt to taste (more or less )
- 1 teaspoon salt to taste (more or less )
- 3 medium tomatoes diced

## Equipment

- bowl
- baking sheet
- oven
- microwave

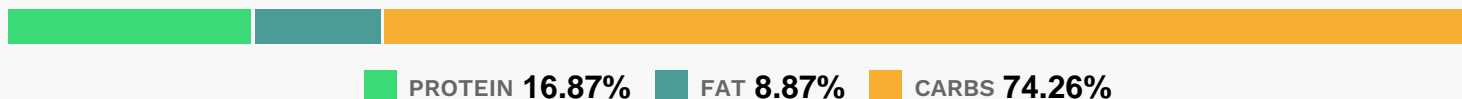
## Directions

- Mix all the salsa ingredients together (canned corn, jalapeño pepper, tomatoes, green onions, 1-2 cloves garlic, fresh parsley, juice of 1 lime, 1 tsp salt, 1 tsp pepper, 1 tsp ground red pepper) and chill for about an hour before serving. Preheat your oven to 425 degrees F. Spray two

baking sheets lightly with the nonstick spray and set aside.

- Add the carrot to a bowl with a little water, cover it and microwave for about two minutes. Once cooled, mash them and add them to the mashed black beans.
- Mix together then add the remaining vegetables and mix well.
- Add the oatmeal, breadcrumbs, seasoning and salsa.
- Mix together until combined.
- Add the flour and mix well. If the mixture is too moist, add more flour and adjust the seasoning, as needed. Form the mixture into patties and place them on the baking sheets.
- Bake for about 20 minutes, flipping them halfway through cooking. When the burgers are finished, serve with the Corn Salsa or your favorite topping.

## Nutrition Facts



## Properties

Glycemic Index:85.98, Glycemic Load:4.5, Inflammation Score:-9, Nutrition Score:14.889130434783%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

## Nutrients (% of daily need)

Calories: 167.23kcal (8.36%), Fat: 1.71g (2.63%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 32.26g (10.75%), Net Carbohydrates: 25.52g (9.28%), Sugar: 4.85g (5.39%), Cholesterol: 0mg (0%), Sodium: 984.68mg (42.81%), Protein: 7.33g (14.66%), Vitamin A: 2680.34IU (53.61%), Vitamin C: 37.71mg (45.71%), Manganese: 0.55mg (27.48%), Fiber: 6.74g (26.97%), Folate: 84.91µg (21.23%), Vitamin B1: 0.25mg (16.73%), Vitamin K: 17µg (16.19%), Potassium: 558.65mg (15.96%), Phosphorus: 139.62mg (13.96%), Iron: 2.31mg (12.85%), Vitamin B6: 0.25mg (12.52%), Magnesium: 48.27mg (12.07%), Vitamin B3: 2.4mg (11.99%), Copper: 0.22mg (11.23%), Vitamin B2: 0.18mg (10.41%), Vitamin E: 1.24mg (8.26%), Selenium: 5.33µg (7.62%), Calcium: 64.84mg (6.48%), Zinc: 0.95mg (6.36%), Vitamin B5: 0.44mg (4.38%)