

Black Bean Burgers

 Vegetarian

READY IN



85 min.

SERVINGS



8

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups breadcrumbs plain
- ☐ 30 ounce black beans drained canned
- ☐ 2 tablespoons chili powder
- ☐ 2 eggs slightly beaten
- ☐ 6 cloves garlic minced
- ☐ 8 slices gouda cheese smoked
- ☐ 2 tablespoons ground cumin
- ☐ 0.3 cup jalapeno minced to taste

- ☐ 0.3 cup liquid smoke flavoring
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion diced
- ☐ 0.3 cup ranch dressing mix
- ☐ 1 bell pepper diced red

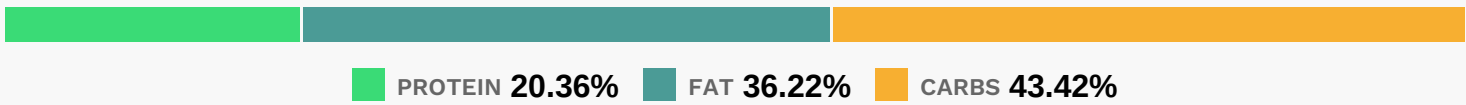
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ Blend black beans and jalapeno pepper in a food processor until the beans are completely pureed; transfer to a large mixing bowl.
- ☐ Mix breadcrumbs, red bell pepper, onion, eggs, cumin, chili powder, garlic, liquid smoke flavoring, and ranch dressing mix into the black bean mixture until evenly combined.
- ☐ Chill mixture in freezer until firm enough to shape into patties, about 1 hour.
- ☐ Divide mixture into 8 portions; shape into patties.
- ☐ Heat olive oil in a skillet over medium-high heat; cook burgers in hot oil until cooked through, about 5 minutes per side.
- ☐ Top burgers with smoked Gouda cheese to serve.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:0.82, Inflammation Score:-8, Nutrition Score:19.208695567173%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg,

Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 364.67kcal (18.23%), Fat: 14.72g (22.65%), Saturated Fat: 6.49g (40.58%), Carbohydrates: 39.71g (13.24%), Net Carbohydrates: 30.13g (10.96%), Sugar: 3.13g (3.48%), Cholesterol: 75.12mg (25.04%), Sodium: 1408.99mg (61.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.62g (37.24%), Fiber: 9.59g (38.34%), Phosphorus: 354.16mg (35.42%), Vitamin C: 26.73mg (32.39%), Calcium: 314.37mg (31.44%), Manganese: 0.57mg (28.59%), Vitamin A: 1341.03IU (26.82%), Folate: 105.62µg (26.41%), Iron: 4.64mg (25.79%), Vitamin B1: 0.37mg (24.56%), Vitamin B2: 0.39mg (23.16%), Selenium: 14.52µg (20.74%), Magnesium: 67.08mg (16.77%), Zinc: 2.39mg (15.91%), Copper: 0.32mg (15.79%), Potassium: 540.21mg (15.43%), Vitamin B6: 0.26mg (13.24%), Vitamin E: 1.86mg (12.39%), Vitamin B3: 2.39mg (11.94%), Vitamin B12: 0.62µg (10.38%), Vitamin K: 7.54µg (7.18%), Vitamin B5: 0.66mg (6.64%), Vitamin D: 0.37µg (2.47%)