



Black Bean Burgers



Vegetarian



Dairy Free

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READY IN

ready

27 min.

SERVINGS

servings

4

CALORIES

calories

417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 30 ounce black beans divided rinsed drained canned
- ☐ 2 tablespoons freshly cilantro leaves chopped
- ☐ 1 eggs
- ☐ 1 tablespoon garlic chopped
- ☐ 4 servings salt and ground pepper fresh black
- ☐ 4 hamburger rolls
- ☐ 0.3 cup catsup

- ☐ 2 teaspoons freshly parsley leaves chopped
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 4 small romaine lettuce leaves or any other type you have on hand
- ☐ 1 tomatoes sliced
- ☐ 0.5 medium onion yellow roughly chopped

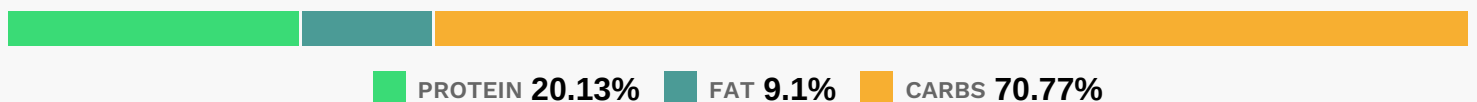
Equipment

- ☐ food processor
- ☐ mixing bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a grill or grill pan over medium-low heat.
- ☐ In a food processor, pulse onion and garlic until finely chopped.
- ☐ Add 1 can black beans, cilantro, parsley, egg, and red pepper flakes and pulse to combine.
- ☐ Transfer mixture to a large mixing bowl, add the remaining can of black beans and the bread crumbs. Season with salt and pepper, to taste, and mix until well combined.
- ☐ Divide 2/3 mixture into 4 portions and form into patties. Save the remaining mixture for another use, like Black Bean Enchiladas.
- ☐ Place on hot oiled grill over medium-low heat and cook about 6 minutes a side or until heated through. Toast hamburger buns on a grill.
- ☐ Place a burger on the bottom of each bun. Top with lettuce, tomato and ketchup. Cover the burgers with the top of the bun and serve.

Nutrition Facts



Properties

Glycemic Index:63.25, Glycemic Load:13.67, Inflammation Score:-10, Nutrition Score:27.964782766674%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 417.46kcal (20.87%), Fat: 4.28g (6.59%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 74.92g (24.97%), Net Carbohydrates: 57.47g (20.9%), Sugar: 8.97g (9.97%), Cholesterol: 40.92mg (13.64%), Sodium: 1288.28mg (56.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.31g (42.62%), Fiber: 17.45g (69.8%), Folate: 236.74µg (59.18%), Vitamin A: 2933.07IU (58.66%), Manganese: 1.02mg (51.14%), Vitamin B1: 0.71mg (47.37%), Iron: 6.89mg (38.27%), Vitamin K: 36.52µg (34.78%), Phosphorus: 344.88mg (34.49%), Vitamin B2: 0.55mg (32.11%), Selenium: 21.87µg (31.24%), Copper: 0.56mg (27.87%), Potassium: 968.78mg (27.68%), Magnesium: 103.18mg (25.8%), Vitamin B3: 4.57mg (22.84%), Calcium: 190.02mg (19%), Vitamin C: 14.01mg (16.98%), Vitamin B6: 0.3mg (14.76%), Zinc: 2mg (13.35%), Vitamin B5: 0.74mg (7.42%), Vitamin E: 0.77mg (5.13%), Vitamin B12: 0.23µg (3.85%), Vitamin D: 0.22µg (1.47%)