



## Black Bean Burgers

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15.5 oz black beans rinsed drained canned
- 1 tablespoon penzey's southwest seasoning
- 0.5 onion finely chopped
- 1 bell pepper red finely chopped
- 0.5 cup breadcrumbs plain
- 1 eggs
- 4 hawaiian rolls split
- 1 medium avocado pitted peeled sliced

- 1 lime cut into wedges
- 1 serving cilantro leaves fresh

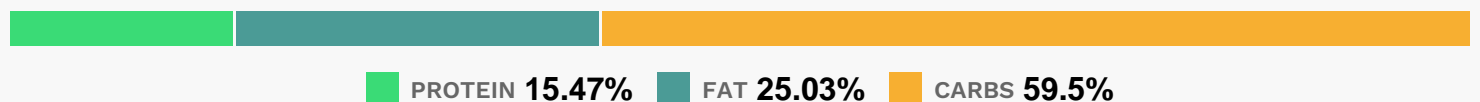
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Heat oven to 375°F. Spray cookie sheet with cooking spray.
- In medium bowl, place beans; mash with fork.
- Add Cuban seasoning, onion and bell pepper.
- Mix well.
- Add bread crumbs and egg.
- Mix well.
- Shape mixture into 4 patties, each about 4 inches in diameter.
- Place on cookie sheet.
- Bake 10 minutes; turn over.
- Bake 5 minutes longer.
- Place patties on bottoms of buns. Top each with 2 slices avocado, a squeeze of lime juice, cilantro and top of bun.
- Serve with lime wedge on side.

## Nutrition Facts



## Properties

Glycemic Index:57.5, Glycemic Load:14.36, Inflammation Score:-9, Nutrition Score:26.71826085837%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

## Nutrients (% of daily need)

Calories: 397.45kcal (19.87%), Fat: 11.44g (17.6%), Saturated Fat: 2.11g (13.16%), Carbohydrates: 61.2g (20.4%), Net Carbohydrates: 45.98g (16.72%), Sugar: 6.61g (7.34%), Cholesterol: 40.92mg (13.64%), Sodium: 755.23mg (32.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.91g (31.83%), Vitamin C: 52.61mg (63.77%), Fiber: 15.23g (60.91%), Folate: 194.16µg (48.54%), Manganese: 0.93mg (46.46%), Vitamin B1: 0.59mg (39.32%), Vitamin K: 38.21µg (36.39%), Iron: 6.3mg (35.01%), Selenium: 20.44µg (29.19%), Vitamin B2: 0.48mg (28.32%), Phosphorus: 252.48mg (25.25%), Vitamin B3: 4.77mg (23.85%), Potassium: 822.81mg (23.51%), Vitamin A: 1142.28IU (22.85%), Copper: 0.44mg (22.02%), Magnesium: 85.97mg (21.49%), Calcium: 207.09mg (20.71%), Vitamin B6: 0.4mg (20.03%), Vitamin E: 2.47mg (16.45%), Vitamin B5: 1.33mg (13.25%), Zinc: 1.78mg (11.88%), Vitamin B12: 0.23µg (3.85%), Vitamin D: 0.22µg (1.47%)