



Black Bean Burgers

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium avocado pitted peeled sliced
- ☐ 0.5 cup breadcrumbs plain
- ☐ 4 hawaiian rolls split
- ☐ 15.5 oz black beans rinsed drained canned
- ☐ 1 eggs
- ☐ 4 servings cilantro leaves fresh
- ☐ 1 lime cut into wedges
- ☐ 0.5 onion finely chopped

- ☐ 1 bell pepper red finely chopped
- ☐ 1 tablespoon penzey's southwest seasoning

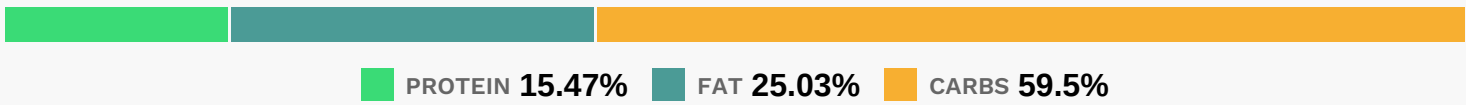
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375F. 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:26.739130320756%

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: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 397.47kcal (19.87%), Fat: 11.44g (17.61%), Saturated Fat: 2.11g (13.16%), Carbohydrates: 61.21g (20.4%), Net Carbohydrates: 45.98g (16.72%), Sugar: 6.61g (7.34%), Cholesterol: 40.92mg (13.64%), Sodium: 755.26mg (32.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.92g (31.83%), Vitamin C: 52.63mg (63.8%), Fiber: 15.23g (60.92%), Folate: 194.21µg (48.55%), Manganese: 0.93mg (46.48%), Vitamin B1: 0.59mg (39.33%), Vitamin K: 38.45µg (36.62%), Iron: 6.3mg (35.01%), Selenium: 20.44µg (29.2%), Vitamin B2: 0.48mg (28.33%), Phosphorus: 252.51mg (25.25%), Vitamin B3: 4.77mg (23.85%), Potassium: 823.2mg (23.52%), Vitamin A: 1147.34IU (22.95%), Copper: 0.44mg (22.03%), Magnesium: 85.99mg (21.5%), Calcium: 207.14mg (20.71%), Vitamin B6: 0.4mg (20.04%), Vitamin E: 2.47mg (16.46%), Vitamin B5: 1.33mg (13.25%), Zinc: 1.78mg (11.88%), Vitamin B12: 0.23µg (3.85%), Vitamin D: 0.22µg (1.47%)