



Black Bean Burgers



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup basil chopped
- ☐ 1 cup breadcrumbs fresh
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1.3 cups black beans dried picked over rinsed drained for 4 hours and
- ☐ 2 eggs lightly beaten
- ☐ 0.3 cup farro
- ☐ 1 garlic minced

- ☐ 8 servings kosher salt
- ☐ 3.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 onion diced finely
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 8 servings onion red sliced for serving
- ☐ 8 portugese rolls toasted
- ☐ 8 servings vegetable oil for sautéing

Equipment

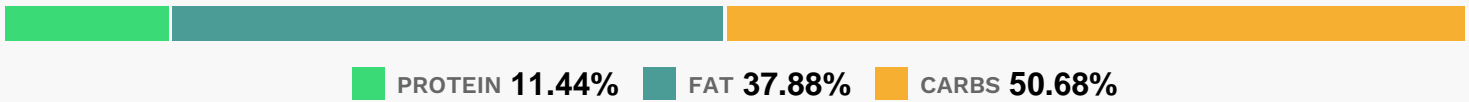
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a saucepan, cover the beans with 2 inches of water. Simmer over moderately low heat, stirring occasionally, until tender, about 1 hour; add water as needed to keep the beans covered by 2 inches. When the beans are tender, season them with salt and let stand for 5 minutes; drain.
- ☐ Meanwhile, in a saucepan, heat 1/2 tablespoon of the olive oil.
- ☐ Add the farro and cook over moderately high heat, stirring, 2 minutes.
- ☐ Add 1 1/2 cups of water and a pinch of salt and bring to a boil. Cover and simmer until the grains are al dente, 30 minutes.
- ☐ In a small skillet, heat the remaining 3 tablespoons of olive oil.
- ☐ Add the diced onion and cook over moderate heat until softened.
- ☐ Add the crushed red pepper and garlic and cook until fragrant, 2 minutes.
- ☐ In a food processor, pulse all but 1/2 cup of the beans to a chunky puree; transfer to a bowl. Fold in the remaining 1/2 cup of beans, the farro, the onion mixture, eggs, bread crumbs, basil, cilantro, pepper and 1 teaspoon of salt. Form the mixture into 8 patties. Cover and refrigerate for 30 minutes.

- ☐ In a large, nonstick skillet, heat 1/8 inch of vegetable oil.
- ☐ Add the burgers and cook over moderate heat, turning once, until browned and heated through, about 6 minutes.
- ☐ Transfer the burgers to the buns. Top with the Smoky Red Pepper
- ☐ Spread and the onion slices, close the burgers and serve.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:24.43, Inflammation Score:-7, Nutrition Score:18.775217263595%

Flavonoids

Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg Delphinidin: 5.61mg, Delphinidin: 5.61mg, Delphinidin: 5.61mg, Delphinidin: 5.61mg Malvidin: 3.22mg, Malvidin: 3.22mg, Malvidin: 3.22mg, Malvidin: 3.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 14.23mg, Quercetin: 14.23mg, Quercetin: 14.23mg, Quercetin: 14.23mg

Nutrients (% of daily need)

Calories: 581.58kcal (29.08%), Fat: 24.7g (38.01%), Saturated Fat: 3.65g (22.81%), Carbohydrates: 74.35g (24.78%), Net Carbohydrates: 65.44g (23.8%), Sugar: 8.85g (9.83%), Cholesterol: 40.92mg (13.64%), Sodium: 607.25mg (26.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.79g (33.57%), Iron: 13.46mg (74.8%), Folate: 170.04µg (42.51%), Fiber: 8.91g (35.64%), Vitamin K: 37.35µg (35.57%), Manganese: 0.67mg (33.69%), Vitamin B1: 0.46mg (30.46%), Phosphorus: 190.63mg (19.06%), Magnesium: 73.33mg (18.33%), Copper: 0.37mg (18.29%), Potassium: 623.35mg (17.81%), Selenium: 11.31µg (16.16%), Vitamin E: 2.28mg (15.17%), Zinc: 1.76mg (11.7%), Vitamin B6: 0.23mg (11.7%), Vitamin B2: 0.19mg (11.4%), Vitamin B3: 1.98mg (9.91%), Calcium: 95.77mg (9.58%), Vitamin C: 5.47mg (6.64%), Vitamin B5: 0.63mg (6.32%), Vitamin A: 159.97IU (3.2%), Vitamin B12: 0.15µg (2.42%), Vitamin D: 0.22µg (1.47%)