

Black-Bean Burgers



Vegetarian



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce black beans divided rinsed drained canned
- ☐ 0.3 teaspoon cayenne
- ☐ 0.3 cup cilantro leaves finely chopped
- ☐ 0.3 cup bread crumbs plain dry
- ☐ 2 teaspoons ground cumin
- ☐ 4 hamburger buns soft
- ☐ 3 tablespoons mayonnaise
- ☐ 1 teaspoon oregano dried crumbled

- ☐ 4 servings accompaniments: cream; salsa; lettuce sour
- ☐ 3 tablespoons vegetable oil

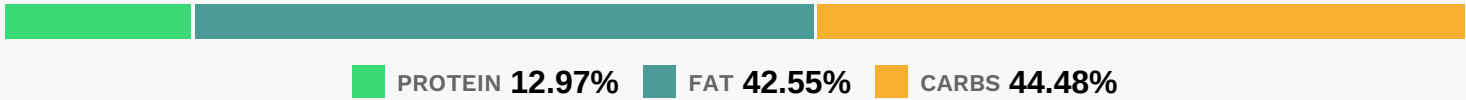
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Pulse 1 can beans in a food processor with mayonnaise, bread crumbs, cumin, oregano, and cayenne until a coarse purée forms.
- ☐ Transfer to a bowl and stir in cilantro and remaining can beans. Form mixture into 4 patties.
- ☐ Heat oil in a 12–inch heavy skillet over medium–high heat until it shimmers. Cook burgers until outsides are crisp and lightly browned, turning once, about 5 minutes total.
- ☐ Serve on buns.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:12.94, Inflammation Score:-8, Nutrition Score:21.95434767267%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 554.38kcal (27.72%), Fat: 26.47g (40.73%), Saturated Fat: 6.88g (43%), Carbohydrates: 62.26g (20.75%), Net Carbohydrates: 47.01g (17.1%), Sugar: 4.25g (4.72%), Cholesterol: 21.36mg (7.12%), Sodium: 1113.36mg (48.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.16g (36.31%), Fiber: 15.25g (61.01%), Folate: 174.26µg (43.57%), Vitamin K: 45.37µg (43.21%), Manganese: 0.85mg (42.44%), Vitamin B1: 0.61mg (40.71%), Iron: 6.59mg (36.63%), Phosphorus: 290.08mg (29.01%), Vitamin B2: 0.44mg (25.94%), Selenium: 17.33µg (24.76%), Copper: 0.47mg (23.45%), Magnesium: 89.83mg (22.46%), Potassium: 729.57mg (20.84%), Vitamin B3: 3.73mg (18.63%), Calcium: 176.74mg (17.67%), Zinc: 1.64mg (10.92%), Vitamin E: 1.63mg (10.85%), Vitamin B6: 0.17mg (8.37%), Vitamin C: 6.46mg (7.83%), Vitamin A: 376.39IU (7.53%), Vitamin B5: 0.48mg (4.81%), Vitamin B12: 0.15µg (2.57%), Vitamin D:

0.26µg (1.74%)