



## Black Bean Burgers



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 15 ounces black beans drained and rinsed
- ☐ 1 tsp garlic powder
- ☐ 2 tbsp catsup
- ☐ 1 tsp onion powder
- ☐ 1 tbsp mustard yellow

## Equipment

- ☐ baking sheet
- ☐ baking paper

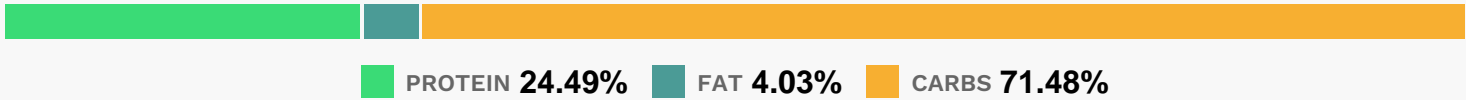
- ☐ oven
- ☐ mixing bowl

## Directions

- ☐ Preheat oven to 400F. Grease a cookie sheet or line with parchment paper and set aside. In a mixing bowl, mash black beans with a fork until mostly pureed but still some half beans and bean parts are left. Stir in condiments and spices until well combined. Then mix in oats. Divide into 4 equal portions and shape into thin patties.
- ☐ Bake for 7 minutes, carefully flip over and bake for another 7 minutes, or until crusty on the outside. Slap into a bun with extra condiments and eat!

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 50g
- ☐ Carbohydrate
- ☐ 60gDietary Fiber3gSugars2.20gProtein5g

## Nutrition Facts



## Properties

Glycemic Index:16.75, Glycemic Load:4.82, Inflammation Score:-6, Nutrition Score:10.030000038769%

## Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 155.81kcal (7.79%), Fat: 0.72g (1.11%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 28.77g (9.59%), Net Carbohydrates: 19.18g (6.97%), Sugar: 1.92g (2.14%), Cholesterol: 0mg (0%), Sodium: 120.31mg (5.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.86g (19.72%), Folate: 160.18µg (40.04%), Fiber: 9.6g (38.39%), Manganese: 0.51mg (25.57%), Magnesium: 78.6mg (19.65%), Vitamin B1: 0.27mg (18.24%), Phosphorus: 160.24mg (16.02%), Iron: 2.39mg (13.27%), Potassium: 422.07mg (12.06%), Copper: 0.24mg (11.99%), Zinc: 1.28mg (8.51%), Vitamin B6: 0.11mg (5.32%), Vitamin B2: 0.08mg (4.76%), Selenium: 2.88µg (4.12%), Calcium: 35.26mg (3.53%), Vitamin B3: 0.69mg (3.44%), Vitamin B5: 0.28mg (2.83%), Vitamin A: 52.65IU (1.05%)