



Black Bean Burgers with Mango Salsa

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado peeled chopped
- ☐ 30 ounce black beans rinsed drained canned
- ☐ 2 large egg whites
- ☐ 0.8 cup cilantro leaves fresh divided finely chopped
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons ground cumin
- ☐ 12 ounce hamburger buns whole-wheat lightly toasted
- ☐ 0.5 medium jalapeno finely chopped

- ☐ 6 leaf lettuce leaves green
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 1.3 cups mangos peeled chopped (1 medium)
- ☐ 3 ounces monterrey jack cheese shredded
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.5 teaspoon sea salt
- ☐ 3 tablespoons shallots chopped

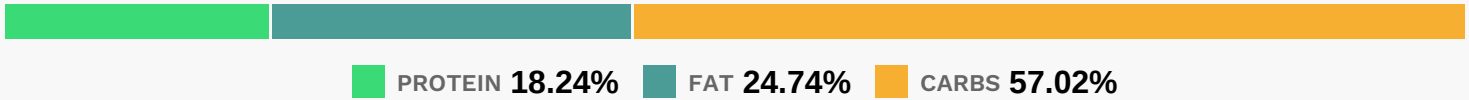
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Place black beans in a medium bowl; mash with a fork. Stir in 1/2 cup finely chopped cilantro and the next 7 ingredients (through egg whites). Shape bean mixture into 6 (1/2-inch-thick) patties. Arrange patties on a baking sheet coated with cooking spray.
- ☐ Bake at 350 for 20 minutes, carefully turning once.
- ☐ Combine remaining 1/4 cup cilantro, mango, and the next 4 ingredients (through minced garlic) in a medium bowl.
- ☐ Place a patty on bottom half of each hamburger bun; top each with 1 lettuce leaf, 1/3 cup salsa, and top half of bun.

Nutrition Facts



Properties

Glycemic Index:52.46, Glycemic Load:19.92, Inflammation Score:-9, Nutrition Score:23.639130605304%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 439.49kcal (21.97%), Fat: 12.32g (18.95%), Saturated Fat: 4.08g (25.53%), Carbohydrates: 63.89g (21.3%), Net Carbohydrates: 49.69g (18.07%), Sugar: 9.93g (11.03%), Cholesterol: 12.62mg (4.21%), Sodium: 1145.69mg (49.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.43g (40.86%), Fiber: 14.21g (56.83%), Folate: 192.23µg (48.06%), Manganese: 0.81mg (40.7%), Vitamin B1: 0.58mg (38.49%), Selenium: 22.7µg (32.43%), Iron: 5.79mg (32.19%), Phosphorus: 310.96mg (31.1%), Vitamin B2: 0.52mg (30.57%), Vitamin C: 24.18mg (29.31%), Calcium: 266.92mg (26.69%), Copper: 0.47mg (23.47%), Potassium: 814.8mg (23.28%), Magnesium: 87.56mg (21.89%), Vitamin B3: 4.36mg (21.79%), Vitamin K: 21.57µg (20.55%), Vitamin A: 773.93IU (15.48%), Vitamin B6: 0.3mg (14.77%), Zinc: 1.97mg (13.15%), Vitamin E: 1.38mg (9.22%), Vitamin B5: 0.9mg (9%), Vitamin B12: 0.25µg (4.16%)