



Black Bean Burgers with Spicy Cucumber and Red Pepper Relish



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 0.7 cup cucumber peeled finely chopped
- ☐ 1 teaspoon optional: dill finely chopped
- ☐ 0.5 cup breadcrumbs dry
- ☐ 1 large eggs
- ☐ 0.3 teaspoon ground cumin

- ☐ 1 Dash ground pepper red
- ☐ 6 ounce hamburger buns
- ☐ 1 tablespoon honey
- ☐ 0.3 cup mayonnaise light
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.3 cup onion red minced
- ☐ 0.1 teaspoon salt

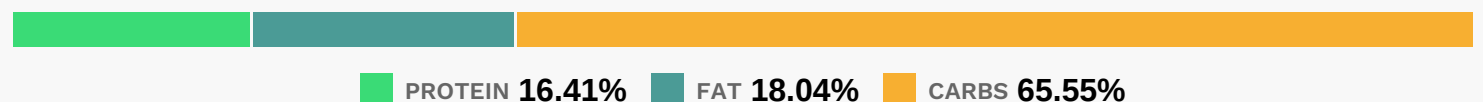
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ To prepare relish, combine first 8 ingredients in a medium bowl. Cover and chill 2 hours.
- ☐ To prepare burgers, place beans in a large bowl; partially mash with a fork. Stir in breadcrumbs and next 5 ingredients (breadcrumbs through egg). Divide bean mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Prepare grill.
- ☐ Place patties on grill rack coated with cooking spray; grill 5 minutes on each side or until thoroughly heated.
- ☐ Spread 1 tablespoon mayonnaise on the bottom half of each bun; top each with a patty, 1/4 cup relish, and top half of bun.
- ☐ Garnish with dill sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:76.07, Glycemic Load:15.7, Inflammation Score:-8, Nutrition Score:18.783043586689%

Flavonoids

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: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 353.68kcal (17.68%), Fat: 7.14g (10.99%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 58.4g (19.47%), Net Carbohydrates: 48.64g (17.69%), Sugar: 10.8g (12%), Cholesterol: 48.74mg (16.25%), Sodium: 925.91mg (40.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.62g (29.23%), Fiber: 9.76g (39.05%), Vitamin C: 30.66mg (37.16%), Vitamin B1: 0.54mg (36.32%), Folate: 142.33µg (35.58%), Manganese: 0.7mg (35.24%), Selenium: 20.76µg (29.66%), Iron: 4.75mg (26.39%), Vitamin B2: 0.4mg (23.35%), Phosphorus: 224.1mg (22.41%), Vitamin B3: 3.59mg (17.95%), Copper: 0.33mg (16.49%), Magnesium: 63.17mg (15.79%), Potassium: 540.05mg (15.43%), Calcium: 146.4mg (14.64%), Vitamin K: 14.78µg (14.08%), Vitamin A: 701.88IU (14.04%), Vitamin B6: 0.22mg (10.97%), Zinc: 1.4mg (9.32%), Vitamin E: 0.93mg (6.23%), Vitamin B5: 0.62mg (6.18%), Vitamin B12: 0.24µg (4.06%), Vitamin D: 0.25µg (1.67%)