



Black Bean-Corn Burger

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 avocado mashed
- 8 cups baby spinach
- 15 ounce black beans low-sodium rinsed drained canned
- 1 tablespoon chipotles in adobo chopped
- 3 large egg whites lightly beaten
- 0.3 cup cilantro leaves fresh chopped
- 0.8 cup corn frozen thawed
- 0.5 teaspoon ground cumin

- 4 hawaiian rolls whole-wheat split
- 1 teaspoon juice of lime fresh
- 0.3 cup cream sour reduced-fat
- 1 pinch nutmeg
- 1 tablespoon olive oil divided
- 0.5 teaspoon oregano dried
- 0.5 bell pepper red cut into 1/4-inch dice
- 0.3 cup bread crumbs whole-wheat

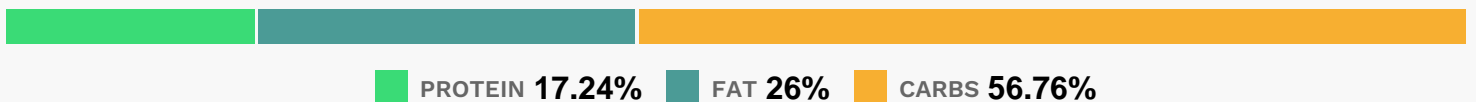
Equipment

- bowl
- frying pan

Directions

- In a bowl, combine beans, corn, bellpepper, breadcrumbs, cilantro, eggwhites, chipotle, oregano and cumin. Form bean mixture into four 3/4-inch-thick patties. In a large nonstick skillet, heat 1 tablespoon oil over medium-high heat. Cook patties, turning once, until browned, 5 minutes per side; remove from pan. In same skillet, sauté spinach in remaining 1 teaspoon oil over medium-high heat until wilted, 3 minutes; season with nutmeg and salt and freshly ground black pepper. In another bowl, mix avocado with sour cream and juice.
- Place 1/4 of cooked spinach on bottom of each bun, then 1 burger and 1/4 avocado mixture. Top with other bun half.
- Self

Nutrition Facts



Properties

Glycemic Index: 69.5, Glycemic Load: 13.58, Inflammation Score: -10, Nutrition Score: 33.570000057635%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 401.32kcal (20.07%), Fat: 12.16g (18.71%), Saturated Fat: 2.88g (18.01%), Carbohydrates: 59.75g (19.92%), Net Carbohydrates: 46.19g (16.8%), Sugar: 4.98g (5.54%), Cholesterol: 6.71mg (2.24%), Sodium: 766.06mg (33.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.14g (36.29%), Vitamin K: 304.75µg (290.24%), Vitamin A: 6273.38IU (125.47%), Folate: 265.89µg (66.47%), Manganese: 1.16mg (58.01%), Vitamin C: 46.27mg (56.08%), Fiber: 13.56g (54.23%), Iron: 6.43mg (35.74%), Vitamin B2: 0.58mg (33.94%), Vitamin B1: 0.5mg (33.22%), Potassium: 1055.07mg (30.14%), Magnesium: 120.52mg (30.13%), Selenium: 19.62µg (28.03%), Phosphorus: 251.62mg (25.16%), Copper: 0.41mg (20.63%), Vitamin B3: 4.07mg (20.36%), Calcium: 200.24mg (20.02%), Vitamin B6: 0.38mg (18.85%), Vitamin E: 2.73mg (18.22%), Zinc: 1.75mg (11.69%), Vitamin B5: 0.78mg (7.78%), Vitamin B12: 0.19µg (3.15%)