



Burgers and Fries



Dairy Free

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READY IN

ready

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55 min.

SERVINGS

servings

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4

CALORIES

calories

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690 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup black beans canned rinse and drain before measuring
- ☐ 0.3 cup canola oil
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 4 muffins english halved
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 pound ground sirloin lean
- ☐ 1 tablespoon brown sugar light packed
- ☐ 0.3 teaspoon pepper

- ☐ 4 romaine lettuce leaves
- ☐ 0.5 teaspoon salt
- ☐ 4 servings salt and pepper
- ☐ 1.5 lb sweet potatoes peeled cut lengthwise into 1/2-inch-wide wedges
- ☐ 4 slices tomatoes

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler

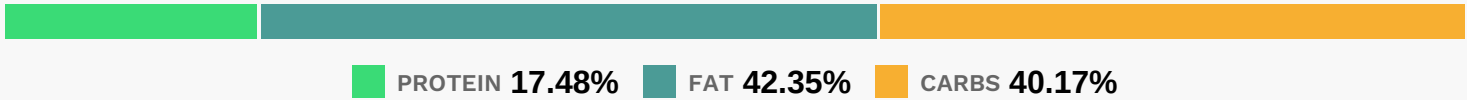
Directions

- ☐ Make fries: Preheat oven to 425F. Line a large baking pan with foil; mist foil with cooking spray. In a large bowl, toss sweet potatoes with oil, sugar, cumin, cayenne, 1/2 tsp. salt and 1/4 tsp. pepper.
- ☐ Set potatoes in a single layer on baking sheet.
- ☐ Bake until lightly browned around edges, about 15 minutes. Turn potatoes; bake until softened and browned, about 20 minutes longer.
- ☐ Sprinkle with additional salt and pepper.
- ☐ Make burgers: Preheat broiler to high or grill to medium. Line a broiling pan with foil and mist with cooking spray.
- ☐ Pulse beans with 2 Tbsp. water in a food processor until blended.

- ☐
- Transfer to a bowl; add sirloin, salt and pepper. Gently blend and shape into four round, flat patties.

☐☐

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:35.7, Inflammation Score:-10, Nutrition Score:30.502608827923%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 689.83kcal (34.49%), Fat: 32.39g (49.83%), Saturated Fat: 7.9g (49.39%), Carbohydrates: 69.14g (23.05%), Net Carbohydrates: 60.03g (21.83%), Sugar: 11.08g (12.31%), Cholesterol: 77.11mg (25.7%), Sodium: 1004.8mg (43.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.09g (60.17%), Vitamin A: 26826.12IU (536.52%), Vitamin K: 45.62µg (43.45%), Zinc: 6.23mg (41.55%), Vitamin B6: 0.83mg (41.54%), Vitamin B12: 2.48µg (41.39%), Manganese: 0.81mg (40.33%), Phosphorus: 389.51mg (38.95%), Vitamin B3: 7.51mg (37.57%), Fiber: 9.11g (36.45%), Potassium: 1193.27mg (34.09%), Selenium: 19.39µg (27.7%), Iron: 4.88mg (27.09%), Folate: 101.99µg (25.5%), Vitamin B2: 0.42mg (24.42%), Copper: 0.48mg (24.14%), Vitamin E: 3.52mg (23.48%), Vitamin B5: 2.35mg (23.47%), Vitamin B1: 0.35mg (23.04%), Magnesium: 90.83mg (22.71%), Calcium: 122.91mg (12.29%), Vitamin C: 9.61mg (11.64%)