



 **55%**
HEALTH SCORE

BUSH'S® Backyard Black Bean Burgers

 Vegetarian  Vegan  Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce bush's® black beans rinsed drained canned
- 1 teaspoon garlic salt
- 2 teaspoons ground cumin
- 6 servings hamburger buns
- 0.5 cup chunky salsa
- 0.5 cup flour whole wheat all-purpose
- 0.3 cup cornmeal yellow

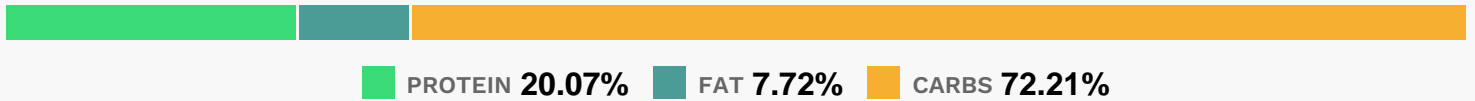
Equipment

- food processor
- frying pan
- grill
- grill pan

Directions

- Place beans in food processor; process until fairly smooth.
- Add flour, cornmeal, salsa, cumin and garlic salt. Process until well combined. Spoon mixture into 6 balls on a large plate and refrigerate at least 1 hour or up to 4 hours before cooking.
- Heat barbecue grill or ridged grill pan over medium heat. Coat grill or pan lightly with oil. Form each ball into a 4-inch patty about 1/2-inch thick.
- Place the patties on the grill or in pan and cook until browned and heated through, 4 to 5 minutes per side.
- Serve on hamburger buns with your favorite toppings with a side of BUSH's
- Baked Beans.

Nutrition Facts



Properties

Glycemic Index:27.58, Glycemic Load:22.15, Inflammation Score:-7, Nutrition Score:21.329130623652%

Nutrients (% of daily need)

Calories: 375.3kcal (18.77%), Fat: 3.28g (5.04%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 68.93g (22.98%), Net Carbohydrates: 53.67g (19.52%), Sugar: 4.12g (4.57%), Cholesterol: 0mg (0%), Sodium: 745.14mg (32.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.16g (38.33%), Manganese: 1.36mg (68.2%), Folate: 259.21µg (64.8%), Fiber: 15.26g (61.04%), Vitamin B1: 0.66mg (44.08%), Magnesium: 135.6mg (33.9%), Iron: 5.55mg (30.81%), Phosphorus: 302.74mg (30.27%), Selenium: 20.21µg (28.86%), Copper: 0.42mg (21.02%), Potassium: 681.2mg (19.46%), Vitamin B3: 3.45mg (17.23%), Zinc: 2.44mg (16.29%), Vitamin B2: 0.24mg (14.3%), Vitamin B6: 0.25mg (12.29%), Calcium: 116.5mg (11.65%), Vitamin B5: 0.49mg (4.87%), Vitamin E: 0.5mg (3.32%), Vitamin K: 3.21µg (3.06%), Vitamin A: 122.3IU (2.45%), Vitamin B12: 0.09µg (1.43%), Vitamin C: 1.02mg (1.24%)