



Butter Bean Burgers with Southwestern Sauce

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup round buttery crackers crushed
- 15 oz butter beans rinsed drained canned
- 14.5 oz canned tomatoes with jalapeño peppers, garlic and onion, undrained mexican-style canned
- 2 tablespoons chili sauce
- 1 eggs beaten
- 1 cup savory vegetable mixed frozen (from 1-lb bag)
- 0.3 teaspoon ground cumin
- 2 tablespoons onion finely chopped

0.3 cup raisins

Equipment

bowl

frying pan

Directions

In medium bowl, mash beans with fork. Stir in remaining patty ingredients. Shape mixture into 4 patties, about 1/2 inch thick.

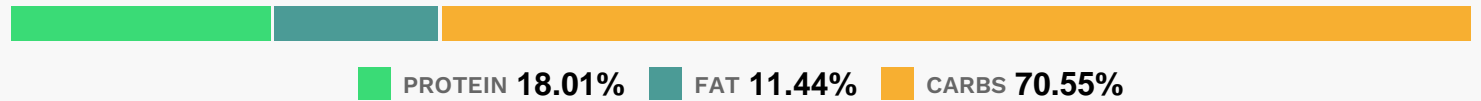
Spray 10-inch skillet with cooking spray. Cook patties in skillet 8 to 10 minutes, turning once, until golden brown.

Remove from skillet; keep warm.

In same skillet, mix sauce ingredients. Cook over medium-low heat 5 to 8 minutes, stirring occasionally, until vegetables are tender.

Serve sauce over patties.

Nutrition Facts



Properties

Glycemic Index:52.45, Glycemic Load:11.84, Inflammation Score:-9, Nutrition Score:17.517826189166%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 222.51kcal (11.13%), Fat: 3.02g (4.64%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 41.84g (13.95%), Net Carbohydrates: 31.96g (11.62%), Sugar: 6.18g (6.87%), Cholesterol: 40.92mg (13.64%), Sodium: 677.41mg (29.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.68g (21.36%), Vitamin A: 2643.53IU (52.87%), Fiber: 9.88g (39.54%), Manganese: 0.75mg (37.49%), Iron: 4.5mg (24.98%), Copper: 0.48mg (23.8%), Folate: 90.39µg (22.6%), Potassium: 764.63mg (21.85%), Magnesium: 79.78mg (19.95%), Vitamin C: 16.26mg (19.7%), Phosphorus: 186.6mg (18.66%), Vitamin B6: 0.35mg (17.59%), Vitamin B1: 0.24mg (15.84%), Selenium: 9.36µg (13.37%), Vitamin B3:

2.59mg (12.94%), Vitamin B2: 0.22mg (12.66%), Vitamin E: 1.72mg (11.49%), Zinc: 1.39mg (9.26%), Calcium: 88.85mg (8.89%), Vitamin B5: 0.83mg (8.33%), Vitamin K: 8.4µg (8%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)