



Cajun Spiced Black Bean and Sweet Potato Burgers

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular

READY IN



20 min.

SERVINGS



4

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 400 g black beans canned tinned
- ☐ 2 tsp cajun spice
- ☐ 1 clove garlic crushed
- ☐ 0.5 cup g porridge oats
- ☐ 4 servings grinding of pepper black good
- ☐ 100 g pkt spinach
- ☐ 200 g sweet potatoes and into (1 medium)

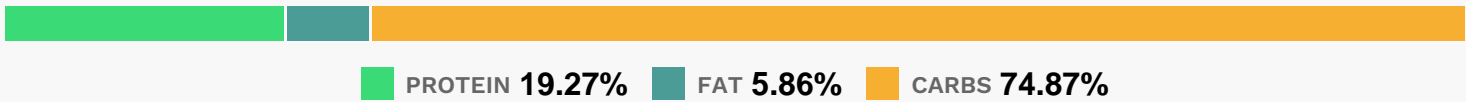
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ colander

Directions

- ☐ Rinse the beans and add them to a mixing bowl. Mash, but leave half of the beans whole for a bit of texture.
- ☐ Scoop the flesh out of the baked potato with a spoon and add to the bowl.
- ☐ Rinse your spinach in a colander then pour a kettleful of boiling water over it to wilt it. Rinse with cold water to refresh, then squeeze as much water out as you can. Chop and add to the bowl.
- ☐ Next add the seeds, oats, spices, garlic and black pepper and mix until well combined.
- ☐ Shape your mixture into 4 hearty balls, then flatten out into burger shapes.
- ☐ Pop the burgers on a plate until you are ready to use them. You can bake or fry them in a little oil. I fried my burger in a little cold pressed rapeseed oil, for a few minutes on each side until brown and crisp.
- ☐ These burgers will also freeze well.
- ☐ Layer them between sheets of greaseproof paper in a tupperware tub and pop in the freezer.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:7.53, Inflammation Score:-10, Nutrition Score:22.573912993721%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 182.77kcal (9.14%), Fat: 1.23g (1.89%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 24.91g (9.06%), Sugar: 2.42g (2.69%), Cholesterol: 0mg (0%), Sodium: 432.79mg (18.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.09g (18.18%), Vitamin A: 10008.79IU (200.18%), Vitamin K: 122.95µg (117.1%), Manganese: 1mg (49.89%), Fiber: 10.42g (41.66%), Folate: 118.85µg (29.71%), Magnesium: 83.64mg (20.91%), Iron: 3.58mg (19.88%), Potassium: 683.25mg (19.52%), Phosphorus: 190.22mg (19.02%), Copper: 0.35mg (17.57%), Vitamin B1: 0.25mg (16.7%), Vitamin C: 11.17mg (13.54%), Vitamin B2: 0.23mg (13.45%), Vitamin B6: 0.25mg (12.63%), Calcium: 84.45mg (8.45%), Zinc: 1.25mg (8.34%), Vitamin B5: 0.75mg (7.48%), Selenium: 4.96µg (7.09%), Vitamin E: 1.02mg (6.78%), Vitamin B3: 1.32mg (6.58%)