



California Black Bean Burgers

 Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounces black beans with cumin and chili spices, undrained canned
- 4 ounces to 2 chilies slit green undrained chopped canned
- 1 cup breadcrumbs plain dry
- 1 eggs beaten
- 0.3 cup cornmeal yellow
- 2 tablespoons vegetable oil
- 5 hawaiian rolls toasted
- 1 tablespoon salad dressing

- 1.3 cups lettuce shredded
- 3 tablespoons bacon

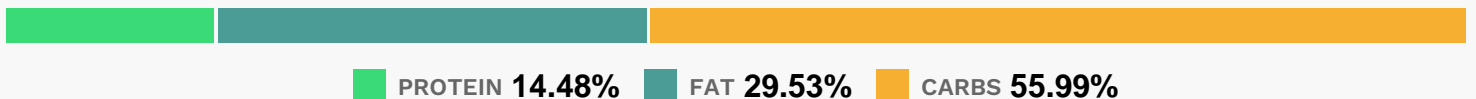
Equipment

- food processor
- frying pan
- blender

Directions

- Place beans in food processor or blender. Cover and process until slightly mashed; remove from food processor.
- Mix beans, chilies, bread crumbs and egg. Shape mixture into 5 patties, each about 1/2 inch thick. Coat each patty with cornmeal.
- Heat oil in 10-inch skillet over medium heat. Cook patties in oil 10 to 15 minutes, turning once, until crisp and thoroughly cooked on both sides.
- Spread bottom halves of buns with mayonnaise. Top with lettuce, patties, salsa and tops of buns.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:16.44, Inflammation Score:-6, Nutrition Score:17.143043233001%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 426.25kcal (21.31%), Fat: 13.95g (21.47%), Saturated Fat: 3.14g (19.62%), Carbohydrates: 59.53g (19.84%), Net Carbohydrates: 50.21g (18.26%), Sugar: 6.04g (6.71%), Cholesterol: 38.59mg (12.86%), Sodium: 873.79mg (37.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.4g (30.8%), Vitamin B1: 0.62mg (41.42%), Fiber:

9.33g (37.3%), Manganese: 0.71mg (35.61%), Selenium: 23.28µg (33.26%), Folate: 127.47µg (31.87%), Iron: 4.64mg (25.8%), Phosphorus: 223.03mg (22.3%), Vitamin B2: 0.38mg (22.12%), Vitamin B3: 4.34mg (21.72%), Vitamin K: 19.44µg (18.52%), Magnesium: 60.97mg (15.24%), Copper: 0.3mg (14.98%), Calcium: 140.67mg (14.07%), Potassium: 439.79mg (12.57%), Zinc: 1.58mg (10.53%), Vitamin B6: 0.19mg (9.74%), Vitamin C: 6.09mg (7.38%), Vitamin E: 0.83mg (5.55%), Vitamin B5: 0.52mg (5.24%), Vitamin B12: 0.28µg (4.74%), Vitamin A: 146IU (2.92%), Vitamin D: 0.21µg (1.41%)