



WHATSheATE



California Black Bean Burgers



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounces black beans with cumin and chili spices, undrained canned
- ☐ 1 cup breadcrumbs plain dry
- ☐ 1 eggs beaten
- ☐ 4 ounces to 2 chilies slit green undrained chopped canned
- ☐ 5 hawaiian rolls toasted
- ☐ 1.3 cups lettuce shredded
- ☐ 1 tablespoon salad dressing
- ☐ 3 tablespoons salsa

- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup cornmeal yellow

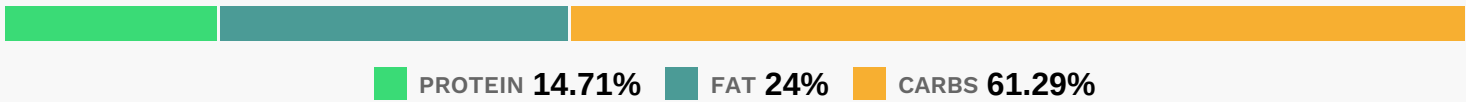
Equipment

- ☐ 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:16.945217158483%

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: 392.03kcal (19.6%), Fat: 10.45g (16.08%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 60.07g (20.02%), Net Carbohydrates: 50.57g (18.39%), Sugar: 6.4g (7.12%), Cholesterol: 32.74mg (10.91%), Sodium: 878.04mg (38.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.42g (28.83%), Vitamin B1: 0.6mg (40.01%), Fiber:

9.5g (38%), Manganese: 0.72mg (36.1%), Folate: 127.85µg (31.96%), Selenium: 21.58µg (30.83%), Iron: 4.65mg (25.82%), Vitamin B2: 0.37mg (21.88%), Phosphorus: 213.33mg (21.33%), Vitamin B3: 4.09mg (20.47%), Vitamin K: 19.85µg (18.9%), Magnesium: 61.35mg (15.34%), Copper: 0.3mg (15.1%), Calcium: 142.91mg (14.29%), Potassium: 446.99mg (12.77%), Zinc: 1.49mg (9.96%), Vitamin B6: 0.19mg (9.41%), Vitamin C: 6.27mg (7.61%), Vitamin E: 0.91mg (6.07%), Vitamin B5: 0.49mg (4.94%), Vitamin B12: 0.24µg (4%), Vitamin A: 188.8IU (3.78%), Vitamin D: 0.18µg (1.17%)