



Cheesy bean burgers

READY IN



50 min.

SERVINGS



2

CALORIES



696 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g butter beans drained and rinsed canned
- ☐ 3 tbsp olive oil
- ☐ 1 small onion finely chopped
- ☐ 1 garlic clove crushed
- ☐ 75 g cheese crumbled (or vegetarian alternative)
- ☐ 1 tbsp flour plain
- ☐ 1 eggs beaten
- ☐ 50 g breadcrumbs fresh white
- ☐ 300 g cherry tomatoes

☐ 100 g arugula

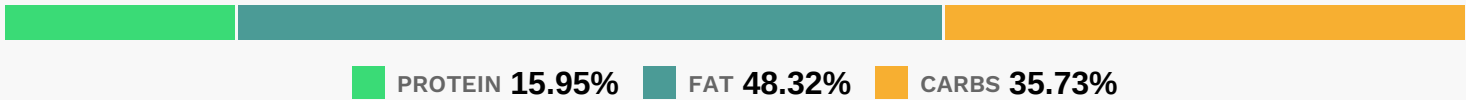
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Tip the butter beans into a bowl and mash with a fork to form a rough pure. Set aside.
- ☐ Heat 1 tbsp of oil in a small frying pan and add the onion and garlic. Cook over a gentle heat for 3–4 mins, until softened.
- ☐ Stir the onion mixture into the butter beans, along with the cheese, then season. Shape the mixture into 4 patties, cover and chill for 10 mins.
- ☐ Put the cherry tomatoes in a small roasting tin and season with salt and pepper. Roast for 10–15 mins, until tender.
- ☐ Tip the flour, egg and breadcrumbs onto three separate plates.
- ☐ Roll each patty in the flour, dusting off any excess, carefully roll in the egg, then finally coat in the breadcrumbs.
- ☐ Heat remaining oil in a non–stick frying pan and add burgers. Cook for 8–10 mins, turning occasionally until golden.
- ☐ Drain on kitchen paper and serve with the roasted tomatoes and rocket.

Nutrition Facts



Properties

Glycemic Index:113.5, Glycemic Load:10.79, Inflammation Score:–10, Nutrition Score:36.26913043727%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 3.9mg, Isorhamnetin: 3.9mg, Isorhamnetin: 3.9mg, Isorhamnetin: 3.9mg Kaempferol: 17.69mg, Kaempferol: 17.69mg, Kaempferol: 17.69mg, Kaempferol: 17.69mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.14mg, Quercetin: 12.14mg, Quercetin: 12.14mg, Quercetin: 12.14mg

Nutrients (% of daily need)

Calories: 696.23kcal (34.81%), Fat: 38.08g (58.59%), Saturated Fat: 11.25g (70.33%), Carbohydrates: 63.36g (21.12%), Net Carbohydrates: 50.05g (18.2%), Sugar: 8.02g (8.92%), Cholesterol: 119.34mg (39.78%), Sodium: 1163.64mg (50.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.29g (56.58%), Vitamin K: 74.13µg (70.6%), Manganese: 1.38mg (68.97%), Folate: 226.52µg (56.63%), Vitamin C: 44.76mg (54.25%), Fiber: 13.3g (53.21%), Selenium: 35.23µg (50.32%), Phosphorus: 489.05mg (48.91%), Vitamin A: 2415.39IU (48.31%), Calcium: 473.23mg (47.32%), Iron: 7.41mg (41.18%), Magnesium: 143.21mg (35.8%), Vitamin B1: 0.5mg (33.06%), Potassium: 1121.07mg (32.03%), Vitamin B2: 0.54mg (31.78%), Copper: 0.63mg (31.3%), Vitamin E: 4.62mg (30.81%), Zinc: 3.87mg (25.8%), Vitamin B6: 0.49mg (24.64%), Vitamin B3: 3.44mg (17.2%), Vitamin B5: 1.63mg (16.29%), Vitamin B12: 0.68µg (11.35%), Vitamin D: 0.67µg (4.43%)