



Chipotle Cheddar Black Bean Burgers

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 avocado thinly sliced
- 30 oz black beans rinsed canned
- 1 stalk celery finely chopped
- 6 oz take spicy chipotle cheddar recipe cheese breadcrumb mix mixed fresh
- 3 Tbsp knudsen cream sour
- 8 lettuce leaves
- 8 slider buns
- 2 Tbsp water

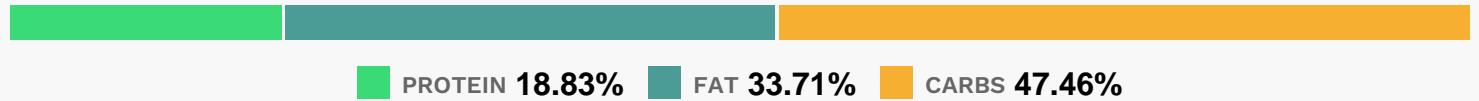
Equipment

- bowl
- frying pan

Directions

- Mash beans with fork in medium bowl.
- Add cheese mixture, celery and water; mix well. Shape into 8 (1/2-inch-thick) patties.
- Heat large skillet sprayed with cooking spray on medium-high heat.
- Add patties; cook 5 min. on each side or until heated through (160F).
- Fill buns with lettuce, burgers, sour cream and avocados.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:0.25, Inflammation Score:-9, Nutrition Score:13.552173712979%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 304.3kcal (15.22%), Fat: 11.53g (17.73%), Saturated Fat: 4.89g (30.54%), Carbohydrates: 36.51g (12.17%), Net Carbohydrates: 26.76g (9.73%), Sugar: 3.1g (3.44%), Cholesterol: 23.92mg (7.97%), Sodium: 560.47mg (24.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.49g (28.97%), Vitamin A: 2063.09IU (41.26%), Fiber: 9.76g (39.03%), Phosphorus: 230.31mg (23.03%), Calcium: 228.84mg (22.88%), Folate: 90.68µg (22.67%), Iron: 3.23mg (17.97%), Manganese: 0.35mg (17.27%), Vitamin B2: 0.27mg (16%), Potassium: 469.92mg (13.43%), Magnesium: 50.75mg (12.69%), Vitamin B1: 0.19mg (12.62%), Copper: 0.24mg (11.91%), Selenium: 7.78µg (11.11%), Vitamin C: 8.64mg (10.48%), Zinc: 1.5mg (10.03%), Vitamin B6: 0.14mg (6.75%), Vitamin B3: 1mg (5.02%), Vitamin B5: 0.49mg (4.85%), Vitamin K: 4.68µg (4.46%), Vitamin B12: 0.23µg (3.91%), Vitamin E: 0.52mg (3.48%)