



Chipotle Cheese Stuffed Black Bean Burgers with Avocado Creme

READY IN



45 min.

SERVINGS



4

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz black beans rinsed drained canned
- 0.5 small onion diced yellow
- 2 large mushrooms diced
- 2 large mushrooms diced
- 1 eggs beaten
- 0.5 cup panko bread crumbs
- 1 tsp cumin
- 0.5 tsp chipotle chili powder (adjust according to how spicy you like it)

- 4 servings salt and pepper to taste
- 4 servings olive oil wild for saute (i like devo olive oil's chipotle or mushroom and sage flavors)
- 4 tbsp approx cream cheese spread softened
- 4 servings hawaiian rolls toasted
- 4 slices cheese
- 1 leaves tomatoes sliced
- 1 avocado pitted ripe peeled cut into wedges
- 0.3 cup cream sour with 2 tbsp then add until you get the consistency you like)
- 1 tbsp juice of lime
- 4 servings sea salt to taste

Equipment

- food processor
- bowl
- frying pan
- blender

Directions

- Add a swirl of olive oil to a skillet and add diced mushrooms and onions.
- Saute until softened then season with salt and pepper.
- Add drained black beans to a medium bowl and press and mash with a fork.
- Mix in mushrooms and onions then add egg and bread crumbs.
- Finally mix in cumin and chipotle chili powder.
- Roll and form into burger patties (sliders or full size).
- Form a indent in the center of each burger
- Add a spoonful of cream cheese spread to the indent in the burgers and then form the burger over the cream cheese.
- Heat a skillet over medium heat, add a swirl of olive oil.

- Add 2 burgers at a time and sear on each side until cooked and browned, about 4 minutes each side.
- If you want to add sliced cheese on top, add now and cover skillet to steam and melt cheese.
- Remove to a plate, then cook remaining patties.
- For the avocado creme, combine all ingredients in a food processor or blender, and mix until smooth. Taste and add more sour cream or lime juice if needed.
- To plate, add each hot cooked burger to an open toasted bun. Top with lettuce and tomato (optional) and a hearty scoop of avocado creme and then top with bun.

Nutrition Facts

PROTEIN 13.57% **FAT 54.62%** **CARBS 31.81%**

Properties

Glycemic Index:65.75, Glycemic Load:13.79, Inflammation Score:-8, Nutrition Score:24.888695652174%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Taste

Sweetness: 20.06%, Saltiness: 45.57%, Sourness: 14.84%, Bitterness: 12.57%, Savoriness: 26.43%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 660.98kcal (33.05%), Fat: 40.85g (62.84%), Saturated Fat: 12.97g (81.04%), Carbohydrates: 53.53g (17.84%), Net Carbohydrates: 41.15g (14.97%), Sugar: 5.98g (6.64%), Cholesterol: 87.32mg (29.11%), Sodium: 1352.33mg (58.8%), Protein: 22.83g (45.66%), Fiber: 12.38g (49.52%), Folate: 172.04µg (43.01%), Selenium: 29.28µg (41.83%), Phosphorus: 384.11mg (38.41%), Vitamin B2: 0.65mg (38.17%), Calcium: 366.12mg (36.61%), Vitamin B1: 0.53mg (35.44%), Manganese: 0.68mg (33.98%), Iron: 4.99mg (27.72%), Vitamin E: 3.72mg (24.78%), Vitamin B3: 4.77mg (23.87%), Copper: 0.47mg (23.55%), Potassium: 799.65mg (22.85%), Vitamin K: 22.92µg (21.83%),

Magnesium: 80.83mg (20.21%), Zinc: 2.71mg (18.08%), Vitamin B5: 1.63mg (16.3%), Vitamin B6: 0.31mg (15.65%),
Vitamin A: 770.12IU (15.4%), Vitamin C: 10.91mg (13.23%), Vitamin B12: 0.55µg (9.11%), Vitamin D: 0.43µg (2.89%)