



Chorizo bean burgers

 Dairy Free

READY IN



26 min.

SERVINGS



2

CALORIES



914 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 g chorizo mini
- ☐ 3 pork sausage
- ☐ 0.3 tsp paprika smoked
- ☐ 1 tbsp juice of lime
- ☐ 1 small bunch cilantro leaves chopped
- ☐ 0.5 turtle beans mixed drained and rinsed canned
- ☐ 1 medium eggs
- ☐ 1.5 tbsp olive oil

☐ 2 ciabatta rolls split toasted

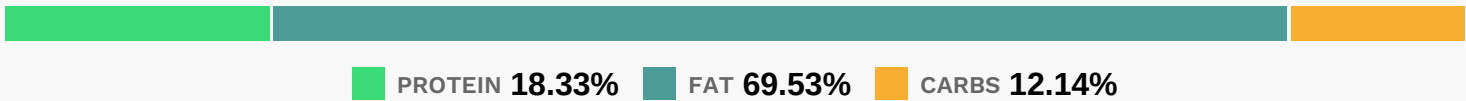
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a food processor, pulse the chorizo, sausagemeat, paprika, lime juice and coriander until well combined.
- ☐ Add the beans and some seasoning, and quickly pulse again to mix. Tip into a bowl and mix in just enough egg (about half) to bind. Shape into 2 fat burgers, cover and chill for 15 mins. Meanwhile, heat oven to 200C/180C fan/gas
- ☐ Heat the oil in a pan and fry the burgers for 3 mins on each side.
- ☐ Transfer to a baking sheet and cook in the oven for a further 10 mins until cooked through.
- ☐ Serve the burgers in rolls with soured cream, avocado and rocket, with chips and lime wedges on the side, if you like.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:15.602174048838%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 914.25kcal (45.71%), Fat: 69.62g (107.1%), Saturated Fat: 21.74g (135.89%), Carbohydrates: 27.35g (9.12%), Net Carbohydrates: 26.5g (9.64%), Sugar: 0.27g (0.3%), Cholesterol: 235.13mg (78.38%), Sodium: 1386.55mg (60.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.3g (82.6%), Vitamin B3: 8.07mg (40.34%), Vitamin B1: 0.48mg (32.02%), Vitamin B6: 0.57mg (28.51%), Phosphorus: 276.23mg (27.62%), Vitamin B12: 1.64µg (27.28%), Zinc: 4mg (26.67%), Iron: 3.42mg (19.02%), Vitamin K: 19.71µg (18.77%), Vitamin B2: 0.32mg (18.71%), Vitamin D: 2.64µg (17.62%), Vitamin A: 821.3IU (16.43%), Vitamin B5: 1.51mg (15.13%), Vitamin E: 2.25mg (15.03%), Potassium: 486.66mg (13.9%), Selenium: 6.81µg (9.73%), Magnesium: 28.52mg (7.13%), Copper: 0.14mg (7.03%), Vitamin C: 4.57mg (5.54%), Folate: 15.64µg (3.91%), Fiber: 0.85g (3.4%), Calcium: 32.1mg (3.21%), Manganese: 0.04mg (1.85%)