



# Coconut Curry Black Bean Burgers - Thai Style!

 Vegetarian  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



684 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup bread crumbs italian
- 1 teaspoon brown sugar
- 15 ounce black beans rinsed drained canned
- 1 tablespoon canola oil
- 0.5 cup carrots shredded
- 1 pinch cayenne pepper
- 2 tablespoons coconut milk

- 0.5 cup cucumber shredded
- 1 eggs
- 2 tablespoons cilantro leaves fresh
- 2 tablespoons mint leaves fresh
- 1 clove garlic minced
- 1 tablespoon green onion chopped
- 0.5 teaspoon ground turmeric
- 1 cup chunky peanut butter
- 1 tablespoon onion red finely chopped
- 0.5 teaspoon salt
- 1 dash soya sauce
- 1 teaspoon thai chile sauce
- 1 pound spicy tofu crumbled
- 12 ounce vegetarian burger crumbles
- 6 hamburger buns whole wheat
- 1 teaspoon curry paste yellow

## Equipment

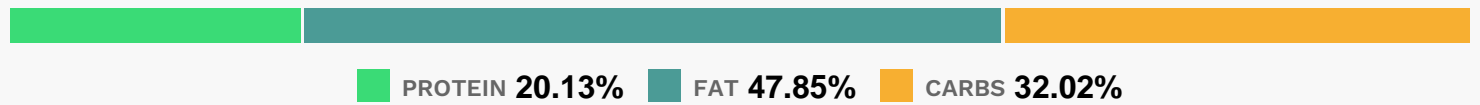
- food processor
- bowl
- frying pan
- sauce pan
- grill pan

## Directions

- Blend the black beans, red onion, garlic, 1/2 teaspoon salt, 1 teaspoon chile sauce, curry paste, coconut milk, 1 teaspoon brown sugar, cayenne pepper, and egg in a food processor until smooth. Scrape the mixture into a large bowl. Fold the bread crumbs and burger crumbles into the mixture. Form the mixture into 6 patties and place on waxed paper. Put in freezer for up to 30 minutes for patties to set.

- Prepare a grill pan or skillet with cooking spray and place over medium heat. Cook the patties until browned, 4 to 5 minutes per side.
- Meanwhile, combine the peanut butter, 1 teaspoon chile sauce, 1 teaspoon brown sugar, 1/2 teaspoon salt, turmeric, soy sauce, and canola oil in a saucepan over medium-low heat. Cook and stir until the peanut butter is melted. Reduce heat to low and simmer until hot, 3 to 5 minutes.
- Arrange patties on bottoms of hamburger buns.
- Drizzle sauce over each patty; top with carrot, cucumber, green onion, mint, and cilantro. Top with remaining bun halves and serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:65.47, Glycemic Load:3.53, Inflammation Score:-10, Nutrition Score:34.737826243691%

### Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

### Nutrients (% of daily need)

Calories: 683.61kcal (34.18%), Fat: 37.67g (57.95%), Saturated Fat: 8.5g (53.13%), Carbohydrates: 56.71g (18.9%), Net Carbohydrates: 43.84g (15.94%), Sugar: 11.15g (12.38%), Cholesterol: 30.11mg (10.04%), Sodium: 1228.64mg (53.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.66g (71.32%), Vitamin B1: 1.9mg (126.36%), Manganese: 1.9mg (95.23%), Folate: 214.4µg (53.6%), Vitamin B3: 10.72mg (53.59%), Fiber: 12.87g (51.49%), Selenium: 32.19µg (45.99%), Phosphorus: 425.14mg (42.51%), Vitamin A: 2079.18IU (41.58%), Magnesium: 158.15mg (39.54%), Iron: 6.82mg (37.86%), Vitamin E: 4.66mg (31.09%), Vitamin B2: 0.5mg (29.39%), Copper: 0.57mg (28.42%), Calcium: 278.81mg (27.88%), Vitamin B6: 0.49mg (24.74%), Potassium: 828.07mg (23.66%), Vitamin B12: 1.21µg (20.16%), Zinc: 2.88mg (19.21%), Vitamin B5: 1.16mg (11.61%), Vitamin C: 8.65mg (10.49%), Vitamin K: 10.45µg (9.95%)