

food
network



HEALTH SCORE

60%

Deluxe Black Bean Burger



Dairy Free



Very Healthy

READY IN

**28 min.**

SERVINGS

**4**

CALORIES

**559 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce black beans drained and rinsed canned
- ☐ 1 tablespoon freshly cilantro leaves chopped
- ☐ 1 teaspoon freshly cilantro leaves chopped
- ☐ 1 egg white slightly beaten
- ☐ 0.3 cup szechuan sauce
- ☐ 1 teaspoon hot sauce
- ☐ 0.5 tablespoon kosher salt
- ☐ 4 multi-grain rolls

- ☐ 0.3 cup olive oil
- ☐ 3 tablespoons olive oil
- ☐ 1 tablespoon cracked pepper black
- ☐ 4 servings onion red sliced
- ☐ 1 teaspoon pepper flakes red
- ☐ 4 servings roasted peppers red jarred sliced
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 shallots minced
- ☐ 1 teaspoon paprika smoked
- ☐ 4 servings pkt spinach
- ☐ 0.3 cup sun-dried tomatoes chopped
- ☐ 3 tablespoons flour whole-wheat
- ☐ 1 teaspoon worcestershire sauce

Equipment

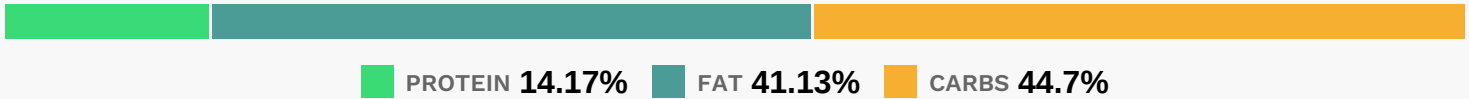
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ potato masher
- ☐ wooden spoon

Directions

- ☐ In a large bowl, finely mash the black beans with a potato masher or your hands.
- ☐ Add the shallots, red pepper flakes, smoked paprika, Worcestershire, hot sauce, cilantro, egg white, flour, salt and pepper.
- ☐ Mix well with a wooden spoon. Form into 4 patties and arrange on a platter.
- ☐ In a large saute pan over medium-high heat, add the oil. Sear patties for 3 to 4 minutes on each side until they have a nice crust.

- ☐
- Remove the patties to a paper towel lined platter. Assemble the sandwiches with a patty, some spinach, roasted red peppers and red onion on the multi-grain rolls. Top with a good drizzle of Szechuan Tomato Dressing and serve.
- ☐
- In a small bowl, add the Szechuan sauce, tomatoes and cilantro.
- ☐
- Whisk in the olive oil and season with salt and pepper, to taste. Use as a dressing for the black bean sandwiches.

Nutrition Facts



Properties

Glycemic Index:82.92, Glycemic Load:9.02, Inflammation Score:-10, Nutrition Score:34.536086719321%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 558.9kcal (27.95%), Fat: 26.3g (40.46%), Saturated Fat: 3.8g (23.73%), Carbohydrates: 64.31g (21.44%), Net Carbohydrates: 44.7g (16.25%), Sugar: 8.72g (9.69%), Cholesterol: 0mg (0%), Sodium: 2106.13mg (91.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.38g (40.76%), Vitamin K: 168.67µg (160.64%), Manganese: 1.97mg (98.34%), Fiber: 19.61g (78.43%), Vitamin A: 3303.24IU (66.06%), Folate: 212.46µg (53.11%), Iron: 7.13mg (39.59%), Magnesium: 148.54mg (37.13%), Phosphorus: 362.69mg (36.27%), Potassium: 1260.96mg (36.03%), Copper: 0.68mg (33.91%), Vitamin B1: 0.51mg (33.86%), Vitamin E: 4.62mg (30.78%), Vitamin B2: 0.45mg (26.66%), Vitamin C: 19.39mg (23.5%), Selenium: 15.79µg (22.56%), Vitamin B3: 3.84mg (19.19%), Calcium: 177.33mg (17.73%), Vitamin B6: 0.35mg (17.71%), Zinc: 2.2mg (14.65%), Vitamin B5: 0.87mg (8.71%)