



Homemade Black Bean Veggie Burgers



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 16 ounce black beans drained and rinsed canned
- ☐ 1 tablespoon chili powder
- ☐ 1 tablespoon cumin
- ☐ 1 eggs
- ☐ 3 cloves garlic peeled
- ☐ 0.5 bell pepper green cut into 2 inch pieces
- ☐ 1 teaspoon hot sauce

☐ 0.5 onion cut into wedges

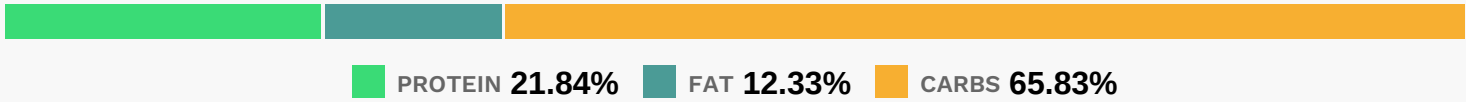
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375 degrees F (190 degrees C), and lightly oil a baking sheet.
- ☐ In a medium bowl, mash black beans with a fork until thick and pasty.
- ☐ In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans.
- ☐ In a small bowl, stir together egg, chili powder, cumin, and chili sauce.
- ☐ Stir the egg mixture into the mashed beans.
- ☐ Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.
- ☐ If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.56, Inflammation Score:-7, Nutrition Score:14.152608840362%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg,

Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 196.49kcal (9.82%), Fat: 2.76g (4.25%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 23.35g (8.49%), Sugar: 2.18g (2.43%), Cholesterol: 40.92mg (13.64%), Sodium: 603.34mg (26.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.02g (22.03%), Fiber: 9.85g (39.4%), Manganese: 0.55mg (27.44%), Iron: 4.47mg (24.82%), Folate: 93.78µg (23.44%), Vitamin B1: 0.33mg (21.9%), Vitamin C: 17.07mg (20.69%), Phosphorus: 191.06mg (19.11%), Vitamin B2: 0.28mg (16.22%), Copper: 0.32mg (15.83%), Vitamin A: 740IU (14.8%), Potassium: 516.48mg (14.76%), Magnesium: 58.86mg (14.71%), Selenium: 9.14µg (13.06%), Vitamin B6: 0.23mg (11.28%), Vitamin B3: 2.03mg (10.15%), Calcium: 100.09mg (10.01%), Zinc: 1.18mg (7.86%), Vitamin E: 1.02mg (6.82%), Vitamin B5: 0.51mg (5.15%), Vitamin K: 4.38µg (4.17%), Vitamin B12: 0.15µg (2.42%), Vitamin D: 0.22µg (1.47%)