



Jamaican Black Bean Burgers

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 boston lettuce leaves
- 15 ounce black beans rinsed drained canned
- 4 teaspoons canola oil divided
- 1 cup rice cooked
- 0.7 cup breadcrumbs dry divided
- 2 teaspoons ginger fresh grated peeled
- 3 garlic cloves minced
- 0.8 teaspoon ground allspice

- 0.5 teaspoon ground coriander
- 0.3 teaspoon ground pepper red
- 0.3 cup mayonnaise light
- 2 cups onion chopped
- 1 cup bell pepper red chopped
- 0.5 inch onion red
- 0.3 teaspoon salt
- 6 ounce hamburger buns whole wheat toasted

Equipment

- food processor
- frying pan

Directions

- Heat 1 teaspoon oil in a large nonstick skillet over medium heat until hot.
- Add chopped onion, bell pepper, ginger, and garlic; cook 7 minutes or until tender, stirring occasionally.
- Add allspice, coriander, salt, and red pepper; cook 1 minute, stirring constantly.
- Place the onion mixture, rice, 1/3 cup breadcrumbs, and black beans in a food processor; pulse 15 times or until finely chopped. Divide bean mixture into 4 equal portions, shaping each portion into a 1-inch-thick patty.
- Place remaining 1/3 cup breadcrumbs in a shallow dish, and dredge patties in breadcrumbs.
- Heat remaining 1 tablespoon oil in a large nonstick skillet over medium heat.
- Add patties to the pan, and cook for 3 minutes on each side or until browned and crisp.
- Spread 1 tablespoon mayonnaise on top half of each bun.
- Place patties on bottom halves of buns; top each serving with 1 lettuce leaf, 1 onion slice, and top half of bun.

Nutrition Facts



■ PROTEIN 13.68% ■ FAT 22.31% ■ CARBS 64.01%

Properties

Glycemic Index:71.75, Glycemic Load:14.35, Inflammation Score:-9, Nutrition Score:26.047391150309%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 4.02mg, Isorhamnetin: 4.02mg, Isorhamnetin: 4.02mg, Isorhamnetin: 4.02mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 16.84mg, Quercetin: 16.84mg, Quercetin: 16.84mg, Quercetin: 16.84mg

Nutrients (% of daily need)

Calories: 449.75kcal (22.49%), Fat: 11.37g (17.5%), Saturated Fat: 1.78g (11.1%), Carbohydrates: 73.43g (24.48%), Net Carbohydrates: 60.91g (22.15%), Sugar: 9.46g (10.51%), Cholesterol: 2.24mg (0.75%), Sodium: 1002.65mg (43.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.7g (31.39%), Vitamin C: 58.1mg (70.42%), Manganese: 1.26mg (63.15%), Fiber: 12.52g (50.08%), Folate: 176.85µg (44.21%), Vitamin B1: 0.6mg (40.04%), Vitamin A: 1733IU (34.66%), Selenium: 23.71µg (33.87%), Iron: 5.3mg (29.47%), Vitamin K: 30.51µg (29.05%), Phosphorus: 259mg (25.9%), Vitamin B2: 0.4mg (23.8%), Vitamin B3: 4.48mg (22.38%), Magnesium: 85.65mg (21.41%), Copper: 0.43mg (21.3%), Vitamin B6: 0.41mg (20.34%), Potassium: 703.28mg (20.09%), Calcium: 150.43mg (15.04%), Zinc: 1.79mg (11.95%), Vitamin E: 1.74mg (11.6%), Vitamin B5: 0.92mg (9.21%), Vitamin B12: 0.07µg (1.12%)