



Mexican Bean Burgers



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup bread crumbs dried
- ☐ 15 ounce kidney beans canned
- ☐ 1 carrots sliced
- ☐ 1 pinch chili powder
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup onion chopped
- ☐ 2 cups salsa

- ☐ 8 servings salt to taste
- ☐ 0.5 cup flour whole wheat

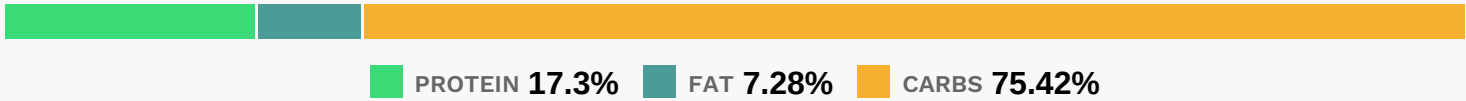
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Place carrot into a bowl, and fill with about 1/4 inch of water. Cover with plastic wrap, and cook in the microwave for 2 minutes, or until soft.
- ☐ Drain.
- ☐ Mash beans and steamed carrot in a large bowl.
- ☐ Mix in green pepper, onion, salsa, bread crumbs, and whole wheat flour. Season with salt, black pepper, and chili powder.
- ☐ Add flour to create a firmer mixture, or more salsa if the mixture is too stiff. Form mixture into 8 patties, and place on a greased baking sheet.
- ☐ Heat a large skillet over medium-high heat, and coat with cooking spray. Fry the patties for about 8 minutes on each side, or until browned and firm.

Nutrition Facts



Properties

Glycemic Index:20.98, Glycemic Load:3.13, Inflammation Score:-8, Nutrition Score:11.540434767371%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 150.07kcal (7.5%), Fat: 1.27g (1.95%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 29.56g (9.85%), Net Carbohydrates: 23.59g (8.58%), Sugar: 5.34g (5.93%), Cholesterol: 0mg (0%), Sodium: 861.41mg (37.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.78g (13.56%), Manganese: 0.71mg (35.45%), Vitamin A: 1625.55IU (32.51%), Fiber: 5.97g (23.9%), Vitamin B1: 0.26mg (17.49%), Phosphorus: 133.86mg (13.39%), Selenium: 9.27µg (13.25%), Vitamin C: 10.34mg (12.53%), Vitamin B6: 0.25mg (12.39%), Vitamin B3: 2.39mg (11.96%), Potassium: 416.83mg (11.91%), Magnesium: 44.86mg (11.22%), Iron: 1.95mg (10.84%), Copper: 0.2mg (10.05%), Folate: 38.47µg (9.62%), Vitamin B2: 0.13mg (7.84%), Vitamin K: 7.9µg (7.52%), Calcium: 67.33mg (6.73%), Vitamin E: 0.96mg (6.4%), Zinc: 0.9mg (6%), Vitamin B5: 0.36mg (3.64%)