



## Our Homemade Quick Black Bean Burger



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 15.3 ounce black beans rinsed drained canned
- ☐ 0.8 teaspoon chili powder
- ☐ 1 large eggs lightly beaten
- ☐ 1 large egg whites lightly beaten
- ☐ 2 teaspoons garlic chopped
- ☐ 2 ounce hawaiian rolls
- ☐ 1 teaspoon lime zest grated
- ☐ 3 tablespoons olive oil divided

- ☐ 0.5 teaspoon oregano fresh chopped
- ☐ 0.3 teaspoon salt

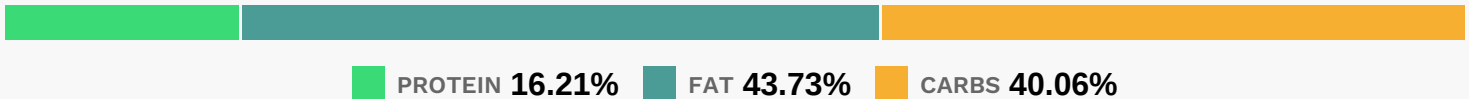
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Place bun in a food processor; process 4 times or until crumbs measure about 1 cup.
- ☐ Transfer to a bowl.
- ☐ Combine 1 tablespoon oil, garlic, and beans in processor; pulse 8 times or until beans make a thick paste. Scrape bean mixture into bowl with breadcrumbs. Stir in rind and remaining ingredients. With moistened hands, divide bean mixture into 4 equal portions (about 1/3 cup mixture per portion), shaping each into a 3-inch patty.
- ☐ Heat remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add patties to pan; reduce heat to medium, and cook 4 minutes or until bottom edges are browned. Carefully turn patties over; cook 3 minutes or until bottom edges are done.

## Nutrition Facts



## Properties

Glycemic Index:32.25, Glycemic Load:4.4, Inflammation Score:-6, Nutrition Score:10.937825985577%

## Flavonoids

Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 256.99kcal (12.85%), Fat: 12.64g (19.45%), Saturated Fat: 2.06g (12.85%), Carbohydrates: 26.06g (8.69%), Net Carbohydrates: 18.06g (6.57%), Sugar: 1.2g (1.33%), Cholesterol: 46.5mg (15.5%), Sodium: 668.54mg (29.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.55g (21.1%), Fiber: 8g (31.98%), Folate: 86.24µg (21.56%), Manganese: 0.38mg (18.95%), Iron: 3.01mg (16.73%), Phosphorus: 160.91mg (16.09%), Vitamin B2: 0.27mg (15.98%), Vitamin B1: 0.24mg (15.88%), Selenium: 11.05µg (15.79%), Vitamin E: 1.87mg (12.48%), Copper: 0.24mg (12.21%), Potassium: 398.01mg (11.37%), Magnesium: 45.14mg (11.28%), Vitamin K: 9.02µg (8.59%), Calcium: 74.12mg (7.41%), Vitamin B3: 1.35mg (6.74%), Vitamin B6: 0.12mg (5.97%), Zinc: 0.89mg (5.95%), Vitamin C: 3.72mg (4.51%), Vitamin B5: 0.42mg (4.22%), Vitamin A: 187.79IU (3.76%), Vitamin B12: 0.15µg (2.45%), Vitamin D: 0.25µg (1.67%)