



Quinoa Black Bean Burgers



Vegetarian



Dairy Free



Popular

READY IN



35 min.

SERVINGS



5

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1 eggs
- ☐ 1 large clove garlic minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 3 tablespoons olive oil
- ☐ 2 tablespoons onion minced
- ☐ 1 teaspoon pepper sauce hot redhot® such as Frank's

- ☐ 0.3 cup quinoa
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup water
- ☐ 0.3 cup bell pepper yellow minced

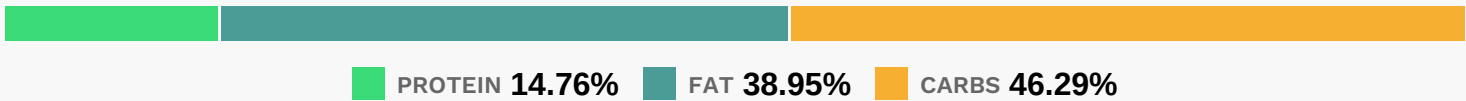
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring the quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water has been absorbed, about 15 to 20 minutes.
- ☐ Roughly mash the black beans with a fork leaving some whole black beans in a paste-like mixture.
- ☐ Mix the quinoa, bread crumbs, bell pepper, onion, garlic, cumin, salt, hot pepper sauce, and egg into the black beans using your hands.
- ☐ Form the black bean mixture into 5 patties.
- ☐ Heat the olive oil in a large skillet.
- ☐ Cook the patties in the hot oil until heated through, 2 to 3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:11.504782650782%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 245.02kcal (12.25%), Fat: 10.73g (16.51%), Saturated Fat: 1.7g (10.64%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 21.53g (7.83%), Sugar: 0.9g (1%), Cholesterol: 32.74mg (10.91%), Sodium: 675.03mg (29.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.15g (18.29%), Fiber: 7.16g (28.65%), Manganese: 0.52mg (25.88%), Folate: 86.03µg (21.51%), Vitamin C: 17.09mg (20.72%), Vitamin B1: 0.27mg (17.79%), Iron: 3.18mg (17.69%), Phosphorus: 172.89mg (17.29%), Magnesium: 56.13mg (14.03%), Copper: 0.27mg (13.4%), Vitamin B2: 0.22mg (12.89%), Potassium: 379.17mg (10.83%), Selenium: 7.41µg (10.59%), Vitamin E: 1.54mg (10.27%), Vitamin B3: 1.48mg (7.42%), Vitamin B6: 0.14mg (7.24%), Zinc: 1.05mg (7.01%), Calcium: 67.87mg (6.79%), Vitamin K: 5.87µg (5.59%), Vitamin B5: 0.44mg (4.39%), Vitamin B12: 0.12µg (1.94%), Vitamin A: 76.06IU (1.52%), Vitamin D: 0.18µg (1.17%)